



Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

October 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

#forevergrateful

“We are tied to the ocean. And when we go back to the sea, whether it is to sail or to watch - we are going back from whence we came.” JFK

I have been sailing these past two years, and I am conscious of the similarities between the art of sailing and my healing journey in recovery. In both sailing and recovery, I am continually adjusting, sometimes with minor changes in my rudder, and significant changes in directions. I have no control over the weather, the sun, the moon, or the sea. Instead, I pay attention to the moment, readjusting my sails to meet current conditions. I used to use “current conditions” as a rationale for drinking. Today I don’t drink, no matter what. I am a free woman because of you, my Higher Power, and the twelve spiritual exercises that are the work of this program. A wise man once reminded me that I couldn’t change you, the truth, or the past. What I can do is readjust my thinking, attitudes, and beliefs. I can “act myself into right thinking.” It’s a beautiful journey, full of hope and possibilities.

After relocating back to the East coast with my favorite ocean at my back door, I journaled about my ten years in the high desert of Arizona in a small town named Prescott. I spent my first few years in Prescott plotting my escape, planning multiple trips to Bali, Indonesia. It didn’t happen, and I am grateful. Prescott’s community of Alcoholics Anonymous loved me awful fierce through a firm, sustaining love that created a space for the required personality change. It came in tiny bits and spurts, sometimes quickly, sometimes with pain, and always with the belief that my HP and you loved me no matter what. In your welcoming rooms, I learned that I was not broken or uniquely flawed. Your love brought me back from nearly dead, into a rich, beautiful, and fulfilling life. I was ill-equipped to handle life on life’s terms before arriving in Prescott.

I am in the middle of my tenth year of sobriety, something I once believed to be an impossibility. On the occasions where I am asked to speak from the podium, I paint a picture of Prescott that is full of natural beauty and powerful AA. Afterward, I get feedback on how some in the audience were inspired by my descriptions and want to travel to Northern Arizona. I remark that

there is “powerful and beautiful and healing energy” in Prescott.

I am finally in Bali, it took ten years to arrive on this “Island of the Gods”, and it was worth the wait. I wasn’t ready for this experience ten or twelve years ago. I marvel at the natural landscape, the food, and the people. This work, this “inside job” is life’s work. Paying attention, fostering an attitude of gratitude, keeping it simple, and keeping those you love close are pieces of Bali’s cultural mosaic. The English-speaking AA meetings in Ubud are lovely. A majority are Aussies - expats, ocean lovers, surfers, sailors, and seekers who suit up and show up one day at a time. I feel as if I am home once again among friends, allies, and fellow travelers. To live like a Balinese is to maintain a balance between the individual, community, and a Higher Power. A familiar and straightforward way of living. It was worth the wait; my HP always knows best. ☺

I am “#forevergrateful” for my life today and thank you for letting me be of service.

Beth Ann R.
September 2019, Bali, Indonesia

Step Ten:

“Continued to take personal inventory and when we were wrong promptly admitted it.”

Tradition Ten:

“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

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.”

HUMILITY

CHANGE:

Choosing Humility Allows New Gifts and Energy

The Founders knew what they were talking about! In a monthly meeting we attend, we read this passage from the book *Dr. Bob and the Good Old-Timers* page 222. I think it is a wonderful definition of humility: “Perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me. It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and kneel to my Father in secret and be at peace, as in a sea of calmness, when all around and about is seeming trouble.”

When all is going swimmingly well, sometimes we suffer from the delusion that we are healed and can now go on our merry way – that somehow we have risen above those earthly troubles that haunted us while in our disease. But after awhile in the Program – Life again happens to us – and sometimes it’s not so calm and peaceful! People hurt us, troubles of all kinds arise.

Whenever trouble strikes – either real events or the psychological and spiritual malady – we can feel right back in the middle of the storm. Whenever this happens to me, I love to read this passage. In one of my first few years in sobriety, I had taken my sister to one of her DUI court appearances; when I went out to the car on a break there was a profanity-laced ugly threat in red marker on the windshield of my car from her abusive boyfriend who hated me for trying to keep him away from her. It was a frightening moment for me.

Thankfully the Secretary’s notebook from a Corona del Mar, California AA meeting called Noonatics was in the trunk of my car; I went back to the trunk for some reason, opened the binder and saw this reading – I’d never seen it before – it was in the back of the book, left there from a previous incarnation of that meeting. It was a God-shot moment I’ll never forget. It caused me to remember that human frailties are no match for the power and glory of our Father and way more powerful than any human being.

When we remember that when the slings and arrows of the world come at us and hurt us, there is a Power greater than ourselves that we can kneel to in secret and be at peace – when all around and about is seeming trouble.

Stephanie V.

The Maintenance Steps: 10-11-12

Having finished Steps 1 through 9, we now enter the maintenance Steps 10, 11 and 12 in the Big Book of Alcoholics Anonymous. We are reminded that “We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.” (Step 10 p.85)

The transformation of thought, a complete renewal of mind, begins with the reborn experience (Step 3 last promise, p.63); “We were reborn.” We receive the rebirth promise (Step 10 p.84), “We have entered the world of spirit.” Continuing with the Step 10 promises; “For by this time sanity will have returned.” (p.84) Then; “To some extent we have become God-conscious.” (p.85). We take these promises and experiences with us (Step 11 pp.85, 86, 87, 88), for we are still seeking to improve our conscious contact with God. These Step 11 disciplines help keep us in the now moment; in “our day.” We are also using the “self surrender” suggested to us in Step 10 p.84 “And we have ceased fighting anything and anyone - even alcohol.” We are saying yes to life, yes to the now moment, because that’s all we have. This “surrendered state,” along with the promises and the Step 11 disciplines help keep us out of “the mind based sense of self,” where we formally lived in our “alcoholic thought life,” trapped in those thoughts. Our new way of thinking given to us from experiences and promises, already mentioned, help keep us, to some extent, in “thoughtless awareness” which means “our minds are still and we are aware of that stillness.” The former compulsive and obsessive alcoholic thought life is in many cases gone.

There is a solution (p.23) that tells us the main problem of the alcoholic centers in his “mind” not the body. We alcoholics by now have the awareness that we have no effective mental defense against the first drink. Page 43 states the alcoholic, at certain times has no effective mental defense against the first drink, except in a few rare cases, neither he, nor any other human being can provide such a defense. His defense must come from a “Higher Power”. A favorite old timer slogan “A slip in thinking could lead to drinking” still applies today, as much as it did fifty years ago. Doctor Bob, in his book, *Dr. Bob and the Good Oldtimers*, states that “meetings are desirable, quiet time is a must” (p.136).

The disciplines in Step 11, along with its affirmations are constant reminders, that we have no defense against the first drink. Some examples follow: We came to rely that our “thinking” will be on the plane of “inspiration” (p. 87). We pause when agitated, or doubtful, asking for the “right thought or action” (p. 86). We ask for freedom from “self will” (p. 87). We say “Thy will be done.” many times during the day. This reminder is saying “not I but spirit within doeth the works.”

“The spiritual life is not a theory we have to live it” (Step 9 p. 83). The message we carry to our fellow alcoholics when using Step 12 is “we have had a spiritual awakening as the result of working these steps.” This good news is what we pass on to all who need it, and to those who want it. We are living examples of the Yes! factor. Yes! The program works, can I help you?

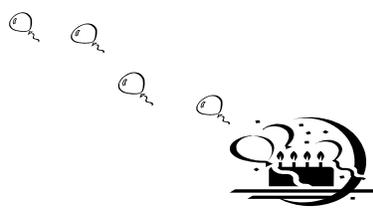
Bob P.
Healing the Hole in the Soul Group
Prescott, AZ



**October AA Birthdays
CONGRATULATIONS!**



Chino Valley	Sunday AM Men's Stag
Phil D. 10/08/81	Dwane B. 10/31/09
Healing the Hole in the Soul	Bill D. 10/25/09
Bob P. 10/03/76	Randy M. 10/28/08
Sunny Days	Archie T. 10/10/06
Jim S. 10/27/80	Jerry P. 10/30/81
Prescott Group	Jerry D. 10/13/72
Gary P. 10/02/18	Crazy Birds
PV Lushes to Ladies	Angie M. 10/27/04
Cindy F. 10/01/08	Ryan S. 10/02/02
Diamonds in the Rough	Kurt B. 10/18/00
Cynthia M. 10/01/12	Scott B. 10/16/00
Park Ave	Ray T. 10/13/96
Pat A. 10/19/82	Don M. 10/23/92
Keep It Simple	Serenity @ Sunrise
DeAnn B. 10/22/09	Randy B. 10/27/16
Sunday Round Table	Kat C. 10/19/13
Julia H. 10/18/11	Chris S. 10/07/02
No Name Group	Ferris T. 10/21/98
Tiffany D. 10/30/14	Tom H. 10/01/97
Larry L. 10/25/85	Dan F. 10/17/72
PV Men's Book Study	Alternatives
George E. 10/11/16	Chris K. 10/26/12
Roger V. 10/14/92	Matt S. 10/22/12
Welcome Valley	Margey S. 10/26/10
Jim W. 10/29/10	Kathy 10/06/10
Greg H. 10/12/09	Neil O. 10/15/09
John N. 10/20/86	Tim W. 10/11/08
Humboldt Men's Stag	Jack B. 10/11/06
Jerry E. 10/04/00	Lavon 10/10/81
Dave M. 10/06/93	Girlie Birds
Mike C. 10/12/89	Mila G. 10/20/16
Dave S. 10/01/82	Kelsey C. 10/11/16
Toolbox Group	Peggy L. 10/27/15
Dorice D. 10/03/12	Terri M. 10/20/13
Douglas B. 10/05/02	Hannah S. 10/31/11
Patrick H. 10/25/80	Lucy Mc. 10/31/06
Karen H. 10/26/82	Martha G. 10/26/03
Martha G. 10/26/03	Susan A. 10/18/92
PV Sun. No Name Group	Celeste H. 10/05/79
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 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, October 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, October 1, 2019
(the first Tuesday of every month)
Emmanuel Lutheran Church, 7763 E. Long Look, PV

Prescott Shoestring Roundup Committee

5:30 pm, Friday, October 18, 2019
(the third Friday of the month)
Unity Church, 145 S. Arizona Ave. @ Goodwin

PI / CPC Committee

(Public Information/Cooperation with the Professional Community)
Meetings scheduled as needed
Contacts: Larry W. (928) 499-2936 or the
Prescott Area Intergroup Office (928) 445-8691.

The Prescott Area Intergroup's
Treatment Facilities Committee Meeting

6:45 pm, October 2 & 16, 2019
(the first and third Wednesday of the month)
Treehouse, 635 1st St., Prescott
For information on how you can be of service on this
committee please call Tom M. (561) 389-3232

The Prescott Area Intergroup's
Correctional Facilities Committee

For Yavapai County Juvenile Justice Center AA meeting
information call Jerry D. 928 636-9343

**Thanks God for letting me live so long.
I never realized how many nice people
are in this world.**

Bob P. Age 87



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