



Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

April 2020

240 S. Montezuma St. # 108 Prescott, AZ 86303 Phone: (928) 445-8691 Open Weekdays 10:00 am - 4:00 pm
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Practicing Principles The Antidote for Alcoholism

Given the challenging global situation we are collectively dealing with, one might jump to the conclusion that the world is going to hell in a hand basket, and it's just a matter of time before the wheels come off the proverbial wagon. Seems like a total liability, doesn't it? Or, is this an asset, a real opportunity to put the principles we talk about into action.

We alcoholics are really fortunate; by practicing the twelve steps, we learn about our broken characters we came into the rooms with, blessed with the opportunity to build and grow the new character we develop, One Day at a Time. For example, before coming to AA, I had no idea that self-centered fear triggered my bad behavior (character defects), basically because I was afraid I would lose what I had, or not get what I demanded (12 & 12, p76). I learned, in my own life, just how crippling fear is; man, it can be completely paralytic, if I buy into it. I'll bet you've noticed "that [we] alcoholics are not the only ones bedeviled by sick emotions" (12 & 12, p 78)—there's a whole lot self-generated angst going on, and it's largely due to fear and a lack of faith.

Do I buy into the fear game, do I drink the punch? It's really easy to do. Or, can I work together with those I encounter in my daily life, asking God to help me be a force for positivity, looking for solutions, rather than staying in the problem. I learned these things through this program of recovery, and when I do these things (rather than staying with self-centered fear, problems, and anger), I experience a steadfast sense of well-being. The ancient Greek philosopher Aristotle discussed this principle at length over 2300 years ago—he termed it Eudaimonia. One definition reads "...well-being. . . a process of fulfilling or realizing one's daimon or true nature—that is, of fulfilling one's virtuous potentials and living as one was inherently intended to live" (positivepsychology.com/eudaimonia/ accessed 3/18/20). Does this principle/definition echo your daily twelve step practice? It should. Practicing the principles embodied in the Twelve Steps (cause) fosters action-based behavior, which can have a positive effect on others (effect). Principles are always true, are timeless, and produce the same effect for every seeker when put into heartfelt action.

The steps offer me and many others a key principle to live the good life, right now: "Our real purpose is to fit ourselves to be of maximum service to God and the people about us" (Big Book, p. 77). That's what it's about—love, service to others, and even the first Tradition: "Our common welfare should come first" (12 & 12, p 9). I ask God who I can help, and he usually puts someone in front of me who might just be a little better off with some service, empathy, compassion, and love.

Greg S.

April AA Birthdays CONGRATULATIONS!

PV Friday Night Speaker	PV Men's Book Study
Will L. 4/30/05	Eric S. 4/25/17
Lushes T' Ladies	Bill M. 4/22/11
Joann F. 4/24/16	Ethan E. 4/02/02
PV No Name Group	Tony D. 4/28/92
Dan M. 4/08/16	Seniors in Sobriety
Friday BB Solutions	Tony D. 4/28/01
George 4/11/05	Phil C. 4/01/90
PV Thurs Ngt BB Study	Gary M. 4/24/88
Jim R. 4/03/97	Rose S. 4/06/87
Step Stories	Sun. AM Men's Stag
Donne L. 4/04/03	Rich H. 4/30/09
Park Ave.	Nick R. 4/19/08
Renee 4/06/19	Bryan H. 4/05/08
The Slice of Life	Roy H. 4/23/06
Ron G. 4/10/06	Gary M. 4/24/88
Jim C. 4/06/83	Girlie Birds
Sunday Round Table	Alicia B. 4/15/18
Larry H. 4/25/12	Sarah M. 4/10/16
Luke H. 4/08/11	Jessica D. 4/22/13
Welcome Valley Group	Nicki B. 4/12/02
Karyl F. 4/15/08	Brenda S. 4/20/99
Chuck K. 4/06/82	Janet B. 4/22/83
Toolbox Group	Serenity At Sunrise
Peggy S. 4/24/17	Yanni K. 4/16/19
Thomas A. 4/16/16	Abigail P. 4/30/18
Carol K. 4/07/88	David G. 4/24/18
Crazy Birds	Izzy W. 4/01/17
Kevin M. 4/08/06	Jacob R. 4/14/17
Mark V. 4/30/05	Gene H. 4/20/09
Bryan D. 4/27/05	Curt S. 4/16/07
PV Keep It Simple	Keith S. 4/24/01
Pat V. 4/07/19	Charles H. 4/14/97
Lorrie B. 4/22/19	George S. 4/24/85
Brian B. 4/13/14	Ann W. 4/23/80
Melinda W. 4/14/03	
Alternatives	
Dale S. 4/01/07	
Ruth D. 4/27/04	
Lillian M. 4/20/97	
Janet E. 4/19/92	



Uncertain Times

“The moment we say, “No, never!” our minds close against the grace of God. Delay is dangerous, and rebellion may be fatal. This is the exact point at which we abandon limited objectives and move towards God’s will for us.”

Twelve Steps and Twelve Traditions, p. 69

Our world has been turned inside out and upside down these past few weeks. I know that when I am faced with change, minor or major, my first instinct is to throw up my defenses and push back. I identify with “no, never, and not today.” Rebellion and defiance are my default settings when I am fearful (or bored). My first instincts are not to step back, sit quietly, pray for grace, and wait patiently.

Patience is not passive resignation. Patience means active waiting and enduring. Today, I have been asked to endure under challenging circumstances. I work in a jam-packed emergency room. I treat patients who are scared, sick, or scared, and sick. I have not felt this hungry, angry, lonely, and tired since my early misdirected attempts at sobriety. I pray for patience to endure the physical, emotional, and spiritual stressors that accompany my work.

Like many, I had plans for the next few months. I had a trip planned to Prescott in April, intending to celebrate milestones with my tribe. A journey of gratitude to thank you all. I planned to visit the people who supported me and nurtured me through the early years of sobriety, a life-threatening cancer diagnosis and treatment, and my recovery from both. I planned to finish graduate school this spring. I planned to enjoy the summer and travel to a few countries on my bucket list. None of this is possible at the moment. I was frustrated, disappointed, and resentful. However, one thing was missing. Not once have I been interested in renewing my destructive relationship with alcohol.

I slowly by slowly shifted my thinking. I dug deep into prayer, meditation, gratitude, and acceptance. In other words, I picked up the tools of this program. This program has taught me to let go. This includes letting go of the idea of having my way and letting go of the delusion that I can control anyone or anything. I do this one day at a time. I break down overwhelming tasks into bite-sized pieces. I find joy and freedom from ego by being one small piece of an extraordinary Emergency Medicine team.

I have been rewarded with the most satisfying 10 years of my life. I was directed by my HP and the Twelve Steps to completely surrender, attempt to control nothing, and accept responsibility for the gift of life that I have been given. I am a free woman today. This freedom is paired with responsibility and accountability. I must pause, ask for guidance, and patiently wait for my HP to direct my thinking and guide my actions. I pay attention, practice with an attitude of gratitude, and behave with love and tolerance.

I am grateful for solid and creative sponsorship, this fellowship, and the direction this spiritual program offers. I have been taught to lean into the principles of this program. Twelve ego reducing spiritual exercises that will ground me, center me, and remind me that my one mission is to “be of maximum service to my fellows.”

I am grateful for my life today and thank you for allowing me to be of service.

Beth Ann R., Charleston, SC

Prescott Area Intergroup’s February 2020 Treasurer’s Report

GROUP DONATIONS	YTD
A Way Out Group	\$49.00
Afterwards Group	\$150.00
Amity Group	\$10.00
AZ AA Women's Conference	\$500.00
Bradshaw Seniors Meeting	\$141.50
Carry This Message	\$192.00
Coming Home	\$25.00
Crazy Birds	\$109.53
Early Risers in Recovery	\$20.00
Friday Big Book Solutions	\$160.00
Girlie Birds	\$500.00
Healing the Hole in the Soul	\$67.40
Intergroup Meeting	\$98.00
Noon BB Discussion	\$626.19
Old Shoe (Skull Valley)	\$100.00
Prescott Group	\$40.00
Principles B4 Your Personality	\$300.00
PV Gut Rap Group	\$10.00
PV Lushes t' Ladies	\$169.25
PV No Name Group	\$192.00
Sunday Morning AA Solutions	\$240.00
Sunny Days	\$24.00
The Great Fact	\$153.12
Toolbox Group	\$300.00
Walking Through Hell	\$20.00
TOTAL GROUP DONATIONS	\$4,196.99
OTHER INCOME	YTD
AA Birthday Gratitude	\$147.00
Anonymous IG Donation	\$5.00
Literature Sales	\$2,230.31
Chips Etc.	\$694.00
Meeting Directory Sales	\$54.00
Newsletter Sales	\$15.00
TOTAL OTHER INCOME	\$3,145.31
TOTAL INCOME	\$7,342.30
TOTAL EXPENSES	\$10,223.36
INCOME LESS EXPENSES	-\$2,881.06
Total Monies 2/29/20	\$31,988.57
Literature & Chips Value	\$9,117.00

Pandemic and Patience

With the national, state, local and CDC guidelines changing daily,
we don't know when we will be able to hold meetings again.

Stay faithful, hopeful, and patient.

We will keep you posted regarding our local meetings via email, and at www.prescottaa.org.
Also, check our website for information concerning local groups meeting online.

Please call or email us with any news you have about your group.

Latest Intergroup information:

- The Prescott Area Intergroup office is closed until further notice.
- Phone calls and emails are being answered.
- U.S. Mail is being collected.
- Our office is small, making social distancing a challenge.
Office volunteers and manager are in the high risk category.

We await the knowledge of God's Will for us, as we "carry the vision of God's will into all our activities."
(Big Book, p.85)

"When you go out and see the empty streets, the empty train platforms, don't say to yourself, "It looks like the end of the world."

What you are seeing is love in action. What you're seeing, in that negative space, is how much we do care for each other, for our grandparents, for our immuno-compromised brothers and sisters, for people we will never meet.

People will lose their jobs over this. Some will lose their businesses. And some will lose their lives. All the more reason to take a moment, when you're out on your walk, or on your way to the store, or just watching the news, to look into the emptiness and marvel at all of that love.

Let it fill you and sustain you.

It isn't the end of the world. It is the most remarkable act of global solidarity we may ever witness."

Author Unknown

2020 ROUNDUP LOGO CONTEST

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

35th Annual Prescott Shoestring Roundup

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

October 9th – 11th, 2020

Your artwork could become a part of Prescott AA history!

Submit entries to:

- prescottaa@prescottaa.org
- Or, drop it off at Prescott Area Intergroup, 240 S. Montezuma #108

DEADLINE APRIL 30th, 2020