



Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

January 2020

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

District 14

We of AA Area 03 (Arizona) had our election Assembly on November 2 and 3. Also, all of the Sub-Districts and District 14 (Yavapai County) have had the elections for those who will serve in the upcoming rotation (2020-2021).

Having served as the DCM (District Committee Member) for District 14-142 (Prescott Valley) 2016-2017 and the DCMC (District Committee Member Chairperson) for District 14 2018-2019, I want to thank all the members in our district for allowing me to serve you and gain valuable experience in carrying our message in general service. For this I am grateful.

I was fortunate to be elected as the Literature Coordinator for Area 03. In this new service opportunity, I will set up conference approved AA literature displays at all four area assemblies. Also, I am available to set up literature displays at all AA events in our state. This would include roundups, conferences, gratitude days, etc. I am also available for AA history workshops that would be presented with the literature display.

Our new Area 03 Officers were elected as follows:

Delegate - Kevin F., Alternate Delegate - Maegan W., Chairperson - Mel F., Alternate Chairperson - Michelle M., Secretary - Kathy R., Treasurer - Fred P., Registrar - Chip J.

Our new Area 03 Coordinators were elected as follows:

CPC (Cooperation with the Professional Community) - Cyd B., Corrections - Ted M., Grapevine/La Vina - Mare M., Literature - Dan S., Public Information - Paul T., Remote Communities - Rich B., Spanish - Sylvester F., Treatment - Jason S.

Please do not hesitate to reach out to me with any district or area questions. It is interesting and informative to be involved in service on this level. Thank you for giving me a real AA spiritual experience by being your DCMC.

In Service,
Dan S.

Most Precious Possession

After a long career of drinking and other things, I have been sober for many years now. I had no idea what kind of life would begin to present itself to me once I quit drinking! It has been a wonderful life in many ways. I am now in the last third of my life, and in retrospect I have been extremely blessed.

I am very grateful to have gone to treatment in California – Sober Living by the Sea – I would not have been able to do it alone – I needed more help in the beginning. It was an incubator for me – I received intravenous AA – a phrase I learned from a precious, long ago sponsor who’s gone to the Great Meeting in the Sky – I learned everything I needed to know about alcoholism there, and what I needed to do to lead a life free of alcohol and drugs.

They told us at that time that Sobriety had to come FIRST – before faith or family, before security, possessions, anything else we thought was essential and important – because as we’ve all heard if we’ve been in AA long enough – if THAT goes, everything else is sure to follow. I was skeptical hearing that, but came to understand that it was true. I did put sobriety first – I think I had hit bottom by that time. Every door they tell you is open to you if you don’t stop – death, insanity, jails and institutions – were opening and beckoning to me.

It has now been many years since I put down the drink and the drugs. And though I still struggle with some issues I thought would automatically be resolved as well – emotional sobriety, resentments, other coping skills – I’ve never walked through a grocery store or sat in a restaurant and thought a drink would be a great idea. Christmas season is not a great time of year for me – my mother died December 26th and my identical twin just passed away two months ago of cirrhosis – I have never have liked it except when I was a child - it is a difficult time for many alcoholics – I still know that a drink or a drug will not fix anything going on with me. It’s a fantasy that I know is a false promise. If the thought comes, it passes very quickly. It is my MOST PRECIOUS POSSESSION.

Stephanie V.

Heard at a Meeting:

“Meditation - it’s not what you think!”

Step One

“We admitted we were powerless over alcohol - that our lives had become unmanageable.”

It has been my experience that whenever I am experiencing difficulty with my life, the problem always stems from my lack of application of the first step (recognizing my powerlessness and unmanageability of my life, by me). After being driven to A.A., I'm grateful I had an honest understanding of the first step, that I was indeed powerless over alcohol. Powerlessness? Sure—no question about it—I took a drink, and the drink took me. My unmanageable life was also clear; a simple check of my life's track record, doing it my way, immediately revealed that things were far from going well—the best thinking I came up with landed me in A.A., and damn near killed me.

Problem is, I have a mind-powered disease (Big Book, p. 23), a self-talking mind that's never satisfied, and can't clearly recall the “suffering and humiliation of even a week or a month ago” (Big Book, p. 24). Until the advent of Alcoholics Anonymous, I believed my mind was the authority for my life, the same mind which conveniently forgets how bad it was before I got sober. That, dear reader, would be my alcoholism. What's worse, the 12 & 12 tells me, in the third sentence of step one, that “Every natural instinct cries out against the idea of personal powerlessness [and unmanageability]” (p. 21). In other words, my “self” (or ego, if you like) is hard-wired to rebel against the deflating fact of powerlessness and unmanageability.

I found that my alcoholism manifests by an egoic tendency to take the power back. It's as if I throw in the towel to God (in the first step), then take the power (towel) back, and throw Him little pieces at a time. Every time I take the power back, my recovery suffers. Although my life is improving, I slowly but surely start taking credit for it. Then my disease starts whispering to me, “Maybe my life wasn't so unmanageable after all—I'm sober, got the house/car/job/her/him back, family life is great now. I've got this. Plus, I'm really busy—and tired—maybe I should back off on those meetings a little bit.” These are but a few examples of exposing this “devastating weakness and all its consequences” (12 & 12 p. 21).

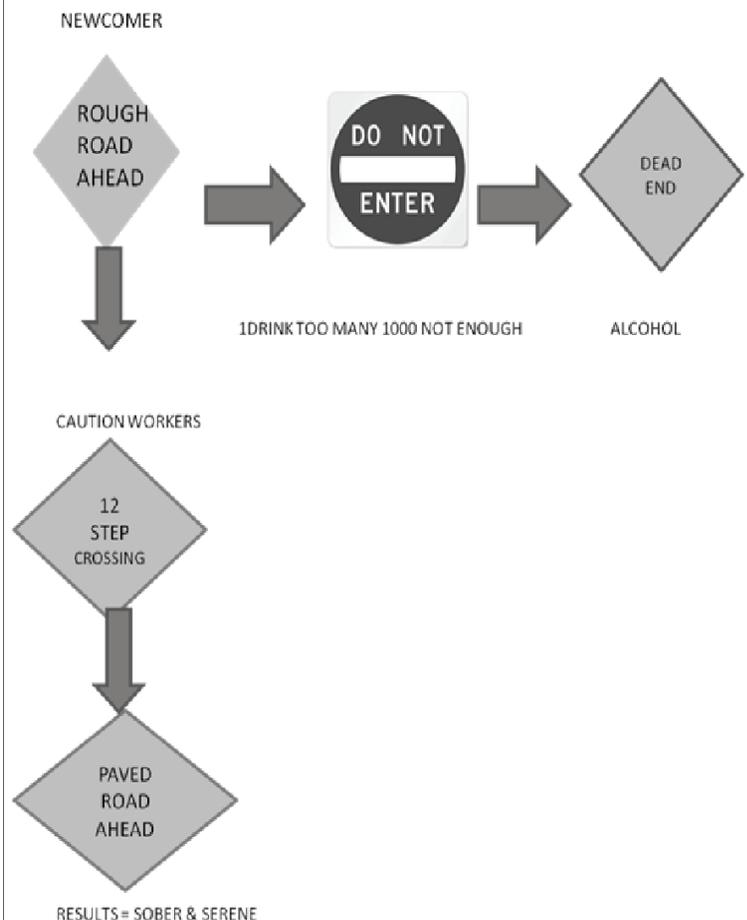
My life as a sober man was improving, and it's really easy to take the credit for it. However, I try hard to remember that my sobriety is possible only through the mercy and grace of a very loving Higher Power: “we can often check ourselves by remembering we are today sober only by the grace of God and that any success we may be having is far more His success than ours” (12 & 12, p. 92). The print taught me that Step One rockets me into Step Two; step one works correctly when I recognize that a power greater than myself can and will restore me to sound thinking, if I rightly relate myself to this power.

Greg S.

The Road to AA

One of the things I do to enhance my spiritual growth and meditation is to go for walks which in turn helps keep me sober. To accomplish this, there is a pathway behind our house that I utilize frequently. One of the houses that I pass by has chain link fence with one of those roadway signs leaning against it with the wording on it stating "Rough Road Ahead." Well, my imagination took hold and I began to think that kind of reminds me of working the 12 Steps of AA. Then one thought followed another and the following flow chart was the result:

Kathy P.



Step One

“We admitted we were powerless over alcohol - that our lives had become unmanageable.”

Tradition One:

“Our common welfare should come first; personal recovery depends upon A.A. unity.”

Concept One:

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



NEW YEAR'S EVE POTLUCK



Celebrate with Us!
Everyone is Welcome!

Tuesday, December 31st

Potluck - 5:00 pm

AA and Al-Anon speakers - 6:30 pm

50/50 Raffle - 8:00 pm

Card games to follow

318 W. Perkinsville Rd., Chino Valley

Please bring anything you want

For information call

Sarah L. (928) 308-4230 or Linda D. (928) 277-7910

G.S.R. Workshop

Hosted by Sub-district 14-140

Please join us for an introduction to General Service in AA! We'll be covering topics such as:

- What is a GSR, and what do they do?
 - What is a District or Sub-District?
 - How our General Service structure operates
- First Christian Church 1230 Willow Creek Rd.

Wednesday, February 5th, 2020, 6:30 P.M.

Food & Drinks will be provided, Everyone is welcome!



January AA Birthdays



Afterwards

Michelle H. 1/10/18

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

PV Fri Night Speaker Mtg

John S. 1/07/17

PV No Name Group

Bill W. 1/12/09

Crazy Birds

Steve E. 1/21/11

Bill L. 1/04/08

PV Noon Group

Mark O. 1/24/16

Susanne T. 1/18/16

Welcome Valley Group

Paula 1/21/16

Karyn P. 1/26/15

Steve P. 1/10/02

Ron 1/15/92

Teresa R. 1/05/87

Girlye Birds

Sabrina M. 1/13/19

Jennifer L. 1/01/17

Leah H. 1/28/15

Sunni L. 1/01/14

Debra L. 1/04/08

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

Serenity @ Sunrise

Steve D. 1/18/18

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

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 8, 2020
(the second Wednesday of every month)
at the First Christian Church, 1230 Willow Creek Rd.

Next District 14-140 GSR Meeting

Wednesday, 6:30 pm, January 1, 2020
(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 7, 2020
(the first Tuesday of every month)
Emmanuel Lutheran Church, 7763 E. Long Look, PV

Prescott Shoestring Roundup Committee

5:30 pm, Friday, January 17, 2020
(the third Friday of each month)
Unity Church, 145 S. Arizona Ave. @ Goodwin

PI / CPC Committee

(Public Information/Cooperation with the Professional Community)
Meetings scheduled as needed
Prescott Area Intergroup, 240 S. Montezuma #108
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, January 15, 2020
(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



Conscious Contact

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