

APRIL 2024

Conscious Contact

Prescott Area Intergroup - Serving Central Yavapai

NEW INTERGROUP OFFICE HOURS: Mon, Tue, Thu, Fri 10am-4pm | **WEDNESDAY:** 10am-7pm | **SATURDAY:** 10am-2pm

240 S. Montezuma St, Ste 108, Prescott, AZ 86303 (928) 445-8691

THAT FOURTH Step:

“Made a searching and fearless moral inventory of ourselves.”

YOU ARE NOT ALONE

You have the fellowship of AA with you: *THROUGH SPONSORSHIP*

I have done it, but I cannot undo it. I will begin a searching and fearless *moral*¹ inventory.

But I will also include that which is good. I pray for the strength to complete the task.

| FOURTH STEP PRAYER |

(another definition is *truthful*¹)



- **INSIDE:** *Dan S.: THE LITTLE DOCTOR WHO LOVED DRUNKS_ ~*

*Kathie N.: Tuesday Night Meditation Meeting
“A Part Of”, and Big Book: anyone???*

Editor’s Note: Welcome to YOUR Conscious Contact Newsletter. *In that light*, we are GRATEFUL and WELCOME article contributions. If you have an article for submission, please keep it under 500 words. Submit your contributing article to the following email addresses: mikes_prescott@yahoo.com & prescottaa@prescottaa.org.

thank you volunteers

"THE LITTLE DOCTOR WHO LOVED DRUNKS"

DR. SILKWORTH

Dr. William D. Silkworth (1873-1951) was a contributor in Alcoholics Anonymous because he authored "The Doctor's Opinion". He was also known as the little doctor who loved drunks, working as the medical director of the Charles B. Towns Hospital in New York City.

William Silkworth graduated from Princeton University in 1896. He got his medical degree from New York University-Bellevue Medical School in 1899. Later in 1930 he joined the staff at Towns Hospital in New York which specialized in detoxing alcoholics and drug addicts and became Medical Superintendent. He later joined the staff at Knickerbocker Hospital, also in New York where the hospital was the first in New York to have a ward for treating alcoholism as a primary illness.

Dr. Silkworth helped Bill Wilson first get sober after three or four trips to Towns Hospital. After Bill's last drink on December 11, 1934, he was unsuccessful in early 1935 in trying to get others sober. The doctor convinced Bill the best approach with alcoholics is to talk about the problem of alcoholism; not necessarily the spiritual solution that Bill was trying.

This is the approach Bill used when he met Dr. Bob Smith in Akron Ohio in May 1935. Bill told Dr. Bob his story of how he could not stop drinking and failed repeatedly.

The Doctor put forth the idea that alcoholism is an illness. His ideas were published in the book Alcoholics Anonymous, in 1939 as an opinion. In the first edition of the Big Book, he did not even sign his name. Later his name is used as the author. The theory, which he believed that alcoholics have an allergy to alcohol, was not accepted in the 1930s. His ideas were against the general accepted medical theory that alcoholics were morally or psychologically weak. He also believed that alcoholics drink because they like the effect produced by alcohol and it is very difficult to not drink again because when dry they become "restless, irritable and discontented", unless they drink again. (Cont. on pg. 3)

He says this cycle of sprees is continued repeatedly unless the alcoholic can have what he called a “psychic change.”

The only hope for the alcoholic, Dr. Silkworth believed, is complete and enduring abstinence.

In Dr. Silkworth’s fifty years of working in the field of alcoholism, he medically treated **40,000** alcoholics at Towns and Knickerbocker Hospitals. He also published articles in the Medical Record (a medical journal) titled “Alcoholism as a Manifestation of Allergy” and “Reclamation of the Alcoholic.” In these papers he stressed the disease concept of alcoholism and the need for patients to admit their powerlessness over their alcoholism. He later described, in a paper, a case that was Bill Wilson; how he had successfully recovered from alcoholism.

In the first edition of Alcoholics Anonymous, the “Dr.’s Opinion” appeared on page one, followed by Bill’s Story. From the second edition on the Dr.’s Opinion has appeared as a forward in the book. This might have been done because the book is written by alcoholics and Dr. Silkworth was non-alcoholic. He died in New York on March 22, 1951.

Sources: “SLAYING THE DRAGON: The History of Addiction Treatment and Recovery in America” by William L. White // “Alcoholics Anonymous”// paper from “The Just Do It Big Book Study Group of AA, DeBary, Florida by Mike O. // Wikipedia

Dr. Silkworth, “The Little Doctor Who Loved Drunks” *article BY DAN S.*

ARE YOU READY FOR A NEW AND PROFOUND
SPIRITUAL EXPERIENCE? (KEEP READING...)





A Tuesday Night

Meditation Meeting ~

*The 4 Directions Meeting is
a pathway to a connection
with
the Great Spirit*

Driving up Mountain Club Road on Tuesday, I was grateful that the snowy slush had ended.

As I neared The Mountain Clubhouse I inhaled the wood smoke emitting from the chimney. Mmmmm. Entering the double doors to the meeting room I breathed in the pleasing scent of sage. The room was warmed by the roaring blaze in the stone fireplace.

Robert V. stood at the head of the room. He started this meeting 18 years ago. Robert is not a Native American, but when he started his sober life in California 28 years ago he attended a Four Directions meeting. Moving to Prescott 10 years later he sorely missed it, so he initiated this one. What a gift he has given us! With his fashionably scraggly long hair and beard, his brown eyes welcomed me and bespoke of kindness and sincerity. We chatted.

He told me that the meeting was fashioned around Lakota spirituality and divulged the meaning of some of those beliefs. The Lakota word for the Great Spirit is “Wakan Takan”. They were given sacred 7 ceremonies by White Buffalo Calf Woman.

Long ago, when she approached 2 men, one recognized her sacredness and the other had bad thoughts about her as he was blinded by her great beauty. He was struck down and turned into a pile of worms, the other taught the ceremonies to his people.

The chairs in the room encircle a small rug in the middle of the room. Upon the rug are symbolic artifacts. A skunk pelt, a rabbit pelt, a pouch made of elk skin, antelope and deer antlers, and an effigy of a bear are laid out around the edges. Robert’s totem animal is the skunk, which symbolizes reputation and respect. By walking the talk and respecting oneself a position of strength and honored reputation ensues. A scared

eagle feather rests atop a long wooden box. The eagle represents the Great Spirit. In the corners at the top of the rug are the 12 & 12 and our beloved Big Book.

Central to the arrangement is an abalone shell filled with sand, representing Earth. The sage lies within the bowl and will be used by all to smudge and ward off evil before the meeting. Surrounding the shell are 8 candles arranged in pairs and placed in the four directions. This represents Fire. Near the top of the rug is a bowl of water, representing Water, the air enfolding us represents the element of Air.

There is a 4 directions symbol painted in Red, Black, Yellow and White. This also represents the four races.

At the foot of the rug is a drum which Robert will use along with a Lakota song at the beginning of the meeting. The drum *calls in* Wakan Takan.

We welcome in our Ancestors with “Aho, Mitakuye Oyasin”

The room is peppered with 9 Native Americans, 6 non-native women and 5 non-native men.

Chase, the meeting’s secretary approaches the small altar and lights the sage smudge stick.

In Lakota tradition, the meeting is a potluck as some offer gifts of food in thankfulness for the meeting about to begin.

Chris, a Native American opens the meeting with the serenity prayer and passes around the sage for smudging. He sings a Lakota chant. The meeting begins with readings from the Big Book, “How it Works”, “More about Alcoholism”, and “The Twelve Traditions” are shared. The man next to me, Damian, I think was his name, passed out sobriety tokens. Shannon took a two month chip.

After Chris had shared and picked “Accountability” as the topic, he passed the Eagle feather, representing honesty and truthfulness to the gentleman on his left, who would pass it on to the next person speaking. The 3 minute shares began. I heard such wisdom and sincerity. Respect and dignity were displayed by all.

Halfway around the room Chase shared about a life-changing event that had occurred to him. I listened in stunned silence. Chase and I had been wounded by the same arrow. I have been in the rooms since 1973 and I have never heard this part of my story told. I was shaken. We both knew we were accountable to pray for the person who had wounded us. We both had peace. I was profoundly affected by this experience and by Robert, Chase and all the others who shared.

The meeting closed with the prayer to the Great Spirit.

Oh, Great Spirit,
whose voice I hear in the winds
and whose breath gives life to all the world, hear me.

I am small and weak.

I need your, strength and wisdom.



Let me walk in beauty and make my eyes
ever behold the red and purple sunset.
Make my hands respect the things you have made
and my ears sharp to hear your voice.
Make me wise so that I may understand
the things you have taught my people.
Let me learn the lessons you have hidden
in every leaf and rock.

I seek strength, not to be superior to my brother,
but to fight my greatest enemy - myself.

Make me always ready to come to you
with clean hands and straight eyes,

so when life fades, as the fading sunset,
my spirit will come to you
without shame.

american indian - lakota - chief yellow lark - 1887

*"I will definitely attend this Meditation
Meeting at 910 Clubhouse Dr. from now on,*

It enriched and uplifted me."

Your Roving Reporter – Kathie N.



**
A Little of ~*

*DR. PAUL O... IS THE AUTHOR OF THE PASSAGE ON
ACCEPTANCE ,
[pg. 417, BIG BOOK, FOURTH EDITION].*

*HE ONCE STATED:
"SO AT AGE 81, I GOT MY FIRST TATTOO:
THE LETTER L,
FOR LOVE, LISTEN, LIKE — & LIVE,*

*AS IF EVERYTHING IS A PLEASURE.
EVERYONE SHOULD HAVE A TATTOO."*

MAYBE PAUL O.'S EXAMPLE OF RULE 62?

I plan to include "**
A Little of...*", stories regularly as I continue my AA journey
All of my contributions will be AA-based.

Please, give freely of what you find in your discovery also;
your submissions are *needed* and always *welcomed!*

AA works because we pass it on. ~ IN SERVICE, MIKE S., EDITOR



SOMEONE LOST A BIG BOOK...

There is a copy of the 4th Edition of Alcoholics Anonymous in the Intergroup office. The book was read and studied. Many of the important parts are highlighted. The woman (M) who used this book does not possess it anymore.

My question is why? It seems she was in treatment in 2002. Many of the women who shared their time together wrote in the book before she left how much they loved her and appreciated her sharing. A heartfelt note from her husband is also stuffed in the pages.

Each week as I sit in our Intergroup office, during my volunteer hours I am drawn to M.'s book. What did she think was important? What lessons had taught her about AA? How did she relate? It is all there in her notes and highlights.

But more, I wonder what has happened to her. Why did she let this book go that had so much in it? Where did this book travel? Since many treatment centers use our book, many Big Books are floating around, abandoned by former owners. I hope M. got sober and has another Big Book. I want to meet her in person since I know her from her book and talk about our stories. I pray if she is an alcoholic she has found her way back among us, not only for her sake, but for us all.

She has much to share. by Dan S., Prescott Valley

To Thine Own Self Be True



*SYMBOL FROM THE NATIVE AMERICAN INDIAN GSO OF AA – 4 DIRECTIONS NEWSLETTER