

May 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

5th Step Promises

Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator.

We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe. AA p75

| FIFTH STEP PRAYER |

*“ Higher Power,
My inventory has shown me who I am,
Yet I ask for Your help
In admitting my wrongs to another person & to You.
Assure me, & be with me, in this Step,
For without this Step I cannot progress in my recovery.
With Your help, I can do this, and I will do it.”*

- **INSIDE:** *Dan S.:* RICHARD PEABODY \ *Brenda T.:* Music as Poetry
- *Cathy N.:* A Tuesday Night Meditation Meeting
“A Little Of”, plus: *New York Jimmy with some AA History*

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.

SOME AA PRISON HISTORY... by *New York Jimmy*

Clinton Truman Duffy (1898-1982) was the warden of San Quentin State Prison between 1940 and 1952.

By 1941 AA had gained a good deal of attention, including that of investigative reporter, Jack Alexander. Famous for his scathing stories of the frauds he found, one can assume that he intended the same treatment for AA when he published a story in the Saturday Evening Post. He, however, spoke of his surprise at the honesty with which alcoholics helped each other while not focusing attention and fame on any one individual. It became a turning point in AA's history. A likely reader of that story was San Quentin's Warden Clinton Duffy, who was searching for ways of dealing with 80 percent of his prisoners re-offending with alcohol playing a part. He was to be a pioneer.

The Fellowship of Alcoholics Anonymous was in its seventh year when a pioneering warden at San Quentin asked nearby A.A.s to carry the message to alcoholics in the prison.

That same year Duffy invited the AA program into San Quentin, and it has been here ever since. With the help of a single prisoner, meetings began and very quickly the program showed its worth by drastically reducing the return of parolees who had attended inside meetings.

When AA members of two different groups, from Oakland and San Francisco, showed up on the same night, the issue of who would bring in the meeting was settled with a fist fight in the San Quentin parking lot – fellow AA members can laugh about such.

What eventually came from those bruises was a committee titled "Northern California Hospitals and Institutions (H&I)." Another tradition born was the "Pink Can," where outside AA meetings began donating money to purchase the program's literature for prisoners. AA quickly spread through prisons in California, all over the country and then the world.

AA continues to remain strong here at San Quentin where it all began. Meetings are held in H-Unit as well as in Education for North Block prisoners.

H&I currently brings 39,000 meetings a year to the 22 California prisons they cover. From the Northern California H&I came committees started in Southern California and the rest of the country. Last year the Pink Can collected over a half -million dollars for prison literature for Northern California.

As of 2021, there are 1,522 AA correctional groups in the USA and many overseas. All because of one person; he was the prison's pioneer for AA.

The year was 1942—the warden was Clinton Duffy. He was heard to say,
“If the A.A. program will help just one man, I want to start it.”

SOME (MORE) AA HISTORY...

DR. SILKWORTH

We know that he was a prodigious and relentless worker, but still it was a shock to discover that in his lifetime of work with those who suffer our disease, he had talked with 51,000 alcoholics - 45,000 at Towns Hospital and 6,000 at Knickerbocker! (cont.)

After incurring substantial losses in the stock market crash of 1929, Dr. Silkworth accepted the medical directorship at Charles B. Towns Hospital in New York which specialized in the treatment of alcoholism and drug addiction.

He had his professional reputation to lose, and nothing whatever to gain by permitting and encouraging this unheard-of procedure of one God-bitten drunk trying to pass on his strange story of a light and a vision to other alcoholics - most of whom at that time received it with lively hostility or magnificent indifference.

Dr Silkworth did not put his name on the Doctor's opinion in the first edition of the big book for this reason.

Above articles submitted by New York Jimmy. It includes some references from an [AA's Prison History](#) by Kenneth R. Brydon

Richard Peabody

Richard Peabody (1892-1936) was an alcoholic and therapist who wrote the book "The Common Sense of Drinking." Many believe Bill Wilson got ideas from this book when writing the AA text, Alcoholics Anonymous. Peabody, from a family of wealth, grew up in Boston and attended Harvard. In the 1920's he sought help for his alcoholism from the Emmanuel Movement, a pre-AA group that helped alcoholics recover. After he recovered, Peabody opened an office in Boston on Newbury Street and started helping people with their alcoholism. "The Common Sense of Drinking" was published in 1930. Both Dr. Bob and Bill Wilson had copies of this book in their libraries. (cont.)



There are phrases Bill has seemed to borrow from Peabody. Peabody uses the expression “ONCE A DRUNKARD ALWAYS A DRUNKARD.” (in capitals on p. 71). (cont.)

This is similar to “once an alcoholic, always an alcoholic” (P. 33 Big Book). Also, in “The Common Sense of Drinking”, the line “halfway measures are of no avail” appear (p.85). Bill writes “half measures availed us nothing,” (p. 59 Big Book). In chapter three “More About Alcoholism” (p.32 Big Book), Bill tells a story of a man who at thirty gave up drinking to make his fortune.

This might have been borrowed from Peabody’s book, “Some year ago there lived a man who decided to give up drinking until he could make a million dollars, at which time he intended to drink in moderation.

It took him five years of sobriety to make the million; then he began his ‘moderate’ drinking. In two or three years he lost all is money, and in another three he died of alcoholism (p. 107).”

The Peabody Method of recovery from alcoholism, like the Emmanuel Movement, used a psychological approach. It was a non-spiritual program, first to get the alcoholic to admit a problem, learn to relax and then get a schedule to keep him busy. Peabody goes to great lengths to get the alcoholic to surrender. The idea that the alcoholic can never drink again is described in his program. Peabody would ask the patient to discuss their complete history. He would teach some relaxation methods. Peabody wanted the patient to understand the difference between the alcoholic and moderate drinkers.

Very important for the pre-AA program of recovery was to get the alcoholic interested in hobbies or similar activities. Moderate exercise with good hygiene was stressed. Peabody also thought it necessary for the person in recovery to have a daily schedule. Many people got and stayed sober using these methods. Peabody is also credited with training many people in treating alcoholics.

Richard Peabody died at the age of 44. In his obituary, it stated he died of a heart attack. There is a question if he died sober. Chronic alcoholism was noted to be a contributing factor. There is a copy of *The Common Sense of Drinking* in the AA General Service Office archives that contains the inscription: “Peabody was as far as known the first authority to state, ‘once an alcoholic, always an alcoholic,’ and he proved it by returning to drinking and dying of alcoholism.”

Contributed BY DAN S. PRESCOTT VALLEY, AZ

Sources: *The Common Sense of Drinking* by Richard R. Peabody, Wikipedia and Alcoholics Anonymous.

Another Great Meditation Meeting!



There is a lovely, open, meditation meeting every Tuesday evening, 6 p.m. at the United Methodist Church.

I attended in May 2023. The room is darkened for the ten-minute silent meditation, with battery-operated candles providing some illumination. Following the meditation there is open sharing, with the 11th Step as the topic. The evening I attended there were more than twenty members present, male and female, of all

ages. It was blissful, and the shares were uplifting. Check it out! The address is 505 Gurley St, (park on Summit Ave). Look for the Sherwin Room. Ohmmmmmm

Previously Submitted by Catherine N.

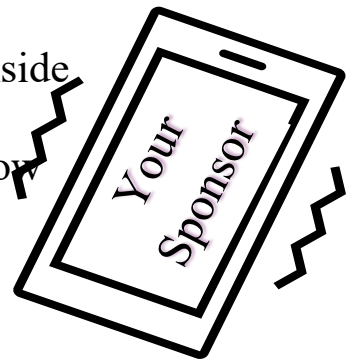
Music as Poetry – by Brenda T.

Not just in recovery, but always - I've loved music. The sounds, and especially the words are something that make me think and sometimes inspire me. My journey with alcoholism has made me pay extra - special attention to the words in popular music and it strikes me that most of the words are really poetry in motion and representative of life. Maybe because of the clarity I've found in sobriety, the words strike closer to my heart than previously.

“pick up the phone”

By Henry Moodie

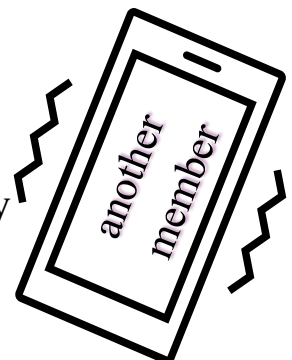
Some nights, I don't even sleep
Chest tight with anxiety
Stay up to see the moon leave the sky
Some days, I'm not even me
Same old insecurities
They tell me there's something going wrong inside
I've been there, down that road
When you need me, I'll be here to let you know



It's gonna be o kay
Everyone needs a bad day
Remember you told me
You're not alone, just pick up the phone
And *call me* whenever you're feeling lonely
Remember you told me
You're not alone, just pick up the phone
Break down 'cause you're breaking through
No sky is forever blue

Things bloom whenever they've seen the rain
Your thoughts lie, but I know the truth (I know the truth)
The best days are ahead of you (ahead of you)
Tomorrow isn't your yesterday
I've been there, down that road
When you need me, I'll be here to let you know

It's gonna be o kay
Everyone needs a bad day
Remember you told me
You're not alone, just pick up the phone
And call me whenever you're feeling lonely
Remember you told me
You're not alone, just pick up the phone



You're not alone, you're not alone
Pick up the phone, pick up the phone
You're not alone, you're not alone
Pick up the phone, pick up the phone (pick up the phone)
You're not alone, you're not alone (pick up, pick up the phone)
Pick up the phone, pick up the phone
(*you're not, you're not alone*)

You've probably heard this song on the radio. It's one that has touched me many times, especially as it relates to life in recovery. If you haven't heard it, google it, listen to the music; it may inspire you also.

If you have a song that motivates you or touches you in sobriety, let me know and your song may be next month's

♪♪ **Music as Poetry** ♪♪

Other thought provoking songs:

"A Symptom of Being Human" by *Shinedown* & "Need a Favor" by *Jelly Roll*

in the end, it is this simple way of AA
that Bill and Bob discovered in 1935...

*that one alcoholic talking
to another can keep two drunks*

SOBER!



I cannot count the times when I have been angry and frustrated and said to myself, "I can't see the forest for the trees!" I finally realized that what I needed when I was in such pain was someone who could guide me in separating the forest and the trees; who could suggest a better path to follow; who could assist me in putting out fires; and help me avoid the rocks and pitfalls. *I ask God, when I'm in the forest, to give me the courage to call upon a member of A.A.*

From The Book Daily Reflections

A Little Of...

“If you need booze or drugs to enjoy your life to the fullest, then you’re doing it wrong.” –*Robin Williams*

“Getting sober was the single bravest thing I’ve ever done and will ever do in my life.” –*Jamie Lee Curtis*

“I finally summoned up the courage to say the three words that would change my life: *‘I need help.’*” –*Elton John*

...“The thing is, if I don’t have **sobriety** I don’t have anything.”

–*Matthew Perry*



By submitting an educational article, classic reprint, or your own personally written stories to the Conscious Contact Newsletter, **YOU ARE HELPING OTHERS.** A.A. MEMBERS’ CONTRIBUTIONS are needed and **ALWAYS WELCOME!**

~ IN SERVICE, MIKE S., EDITOR

thank you volunteers