



Conscious Contact

Prescott Area Intergroup - Serving Central Yavapai

INTERGROUP OFFICE HOURS: Mon, Tue, Thu, Fri 10am-4pm / **SATURDAY:** 10am-2pm
240 S. Montezuma St, Ste 108, Prescott, AZ 86303 (928) 445-8691

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EDITORS NOTE:

Thank You Mike S. for all of your hard work as editor of the Conscious Contact Newsletter. If you enjoy reading the articles, please consider submitting one also! We are always in need of a good story or article that you have read and that you would like to share. We just ask that you please keep it around 500 words, or less.

Please submit your contributions to the following email addresses:

lauralee@verizon.net & prescottaa@prescottaa.org

If you would like to receive the monthly newsletter in your inbox, simple send a message to

prescottaa@prescottaa.org

It's a great way to stay connected!

STEP TWO: "Came to believe that a Power greater than ourselves could restore us to sanity."

TRADITION TWO: "For our group purpose there is but one ultimate authority-a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern."

CONCEPT TWO: "The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs."

Now is the Accepted Time to Practice Step Two

It is quite apparent in the print that going through the “devastating weakness” (12&12, p. 21) of Step One springboards us right into the Second Step. With a “where do we go from here” (ibid, p. 25) attitude, Step Two asks that we jump in with both feet. After all, the First Step revealed in stark detail our powerlessness over alcohol, and the unmanageability of our life *as we had been running it*. So now what? Well, come to believe that a Power greater than myself (which means that I am a power) can restore me to sanity. Thank goodness for this Power’s Mercy and Grace.

Fortunately, there is a distinct measure of faith here, that there is a way up and out of this bitter morass. Faith in action requires “a truly open mind” (ibid, p 26), defined as a “mind that is not controlled by self, meaning me. In other words, for me to have an open mind I must literally be out of my mind” (primetimeisnow.com/blue-clay-monks-and-drunks). Strange but true—it is good to be out of my mind, because when I’m absorbed by self, there is no open mind, there’s only closed-mindedness, which completely flies in the face of the unmanageability laid out in Step One.

Have you ever felt your mind slam shut against a meeting, a person, a place, or a thing? I have, many times. Someone’s saying something self (me) doesn’t agree with, and it doesn’t take but a few

seconds before I can’t hear you—my mind’s slamming shut. But here comes the Higher Power; I can apply the solution, saying to myself, “open mind” and in seconds, I can hear you again, I can see again, I have clarity. Try this on for size, if you have a problem with closed mindedness—it really works.

Having an open mind also means that I can have faith that this program, that this step will not only work for me, but many others. Looking for proof? I need only “look and listen . . . make A.A. itself your ‘higher power,’ Here’s a very large group of people who have solved their alcohol problem” (ibid, p. 27). What more is needed than to see a group of people, profoundly happy in their recovery from this terrible malady. If it can work for them, maybe it can work for me as well.

When I have an open mind, I can think to good purpose. When my mind is in the gutter, I need only remember that I need to ask this power to restore me to sanity, which is defined as “soundness of mind” (ibid, p. 33). This mind-powered disease is much bigger than me, so I need to go to a power that is much bigger than my disease, and ask for help. Now. When I do this, I notice my thought patterns change, quickly becoming solution, rather than problem-oriented. Step Two is this Power’s Mercy and Grace—in action.

Greg S.

Lines in the Big Book that stick in my head

1. They are restless, irritable and discontented, unless they can experience the sense of ease and comfort which comes at once by taking a few drinks. (p xxvii-xxx)
2. Why do not your choose your own conception of God? (p 12)
3.work with others as he had worked with me. Faith without works is dead. (p 14)
4. We are people who normally would not mix. But there exists among us a fellowship, friendliness, and an understanding which is indescribable wonderful. (p 17)
5. The tremendous fact for every one of us is that we have discovered a common-solution.....this is the great news this book carries to those who suffer from alcoholism. (p17)
6. Lack of power was our dilemma....that's exactly what this book is all about. Its main object is to enable you to find a Power greater than yourself which will solve your problem. (p 45)
7. When, therefore, we speak to you of God, we mean your own conception of God. (p 47)
8. It is plain that a life which includes deep resentment leads only to futility and unhappiness. (p 66)
9. Our real purpose is to fit ourselves to be of maximum service to God and the people about us. (p 77)
10. We have no monopoly of God; we merely have an approach that worked with us. (p 95)

These are ten lines (new ideas for me) written in Alcoholics Anonymous which I have read many times. They have become basic facts today in my life. All of us AA's have our favorites that help us understand what alcoholism is about. Our book which has not easily understood when I started in AA today has so much truth and wisdom. My all-time favorite line is, "May God bless you and keep you until then". (p 164)

Dan S.

The Church of the Nazarene
3741 North Constance Drive
Prescott Valley
Monday, Wednesday and Friday
Noon
By Laura K.

I came across this meeting (Noon Group) after we moved from Prescott to Prescott Valley a few months ago. This church also holds a women's meeting on Wednesday's at 10:30 a.m.

I am always in awe and so appreciative of the fact that generally speaking you can find an AA meeting most everywhere you go. These noon meetings I have never been to in Prescott Valley.

The format is a bit different from that of the meetings that I am used to. Rather than a topic meeting, the Big Book is read paragraph by paragraph until somebody decides to further comment on the paragraph. This leads to a meeting that is not predictable. Always full of surprises. I have learned that there is so much to say on these readings. I am grateful that moving here to Prescott Valley has provided us with as many meetings as we may think we need. There is a good chance that we at least know a few alcoholics from our Prescott meetings. This I find very comforting. We have also met so many people through these meetings that have made us feel welcome.

As far as meetings go, this one has its own vibe. At my first noon meeting, a delicious cake was baked for a birthday along with some delicious coffee. I don't take cake baking for AA birthdays for granted ever -I was sold! I equate it with the love and kindness we learn in the program of Alcoholics Anonymous.

If you have a desire to stop drinking, AA is the one group that you can count on to make you feel like you belong. A location move can be tough—feeling welcome in the rooms of AA is a lifesaver.

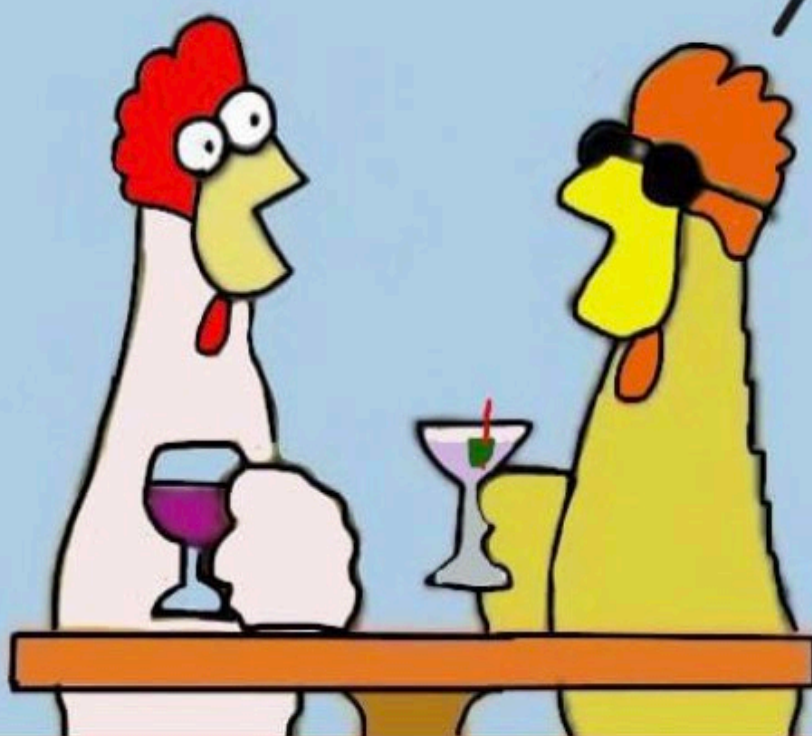
For my husband and me, our move to Prescott Valley has been smooth sailing as the AA community has been strong and welcoming. Our move seems so much more comfortable. I remember changing schools when I was entering high school. It was a nightmare for me. I knew nobody and felt so alone. As with AA you have to find your people. Isolation is the absolute worst situation you should allow yourself to be in. No matter what, alcoholics have an understanding what it is like to be you. You do not have to be alone.

In closing, I just want to thank Alcoholics Anonymous for the ability to connect with others in the AA program. Joining a like-minded program has made us feel very much a part of.

How much should
I spend on a bottle
of wine?

No more than
45 minutes.

Tater





Came to Believe...

**In the Matrix of make believe,
Where Alkies thrive to deceive,
Life passes us by,
In the blink of an eye,
Just struggling hard to achieve.**

**We think it is all up to us,
And would never think to discuss,
That there might be a way,
We might even pray,
In a way that is not superfluous.**

**It's not so silly to perceive,
As we finagle we bob and we weave,
That a higher power is there,
All the time - everywhere,
Not really that hard to conceive.**

**Once we are ready to leave,
The metaverse of make believe,
We open our eyes,
To the ways of the wise,
As we finally come to believe.**