

# Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai

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## November 2025

- INSIDE
- Intergroup News
- Dan S. - Charles Towns
- Lewis Q. - Step Eleven

**EDITORS NOTE:** 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](mailto:lauralee@verizon.net) & [prescottaa@prescottaa.org](mailto:prescottaa@prescottaa.org)

If you would like to receive the monthly newsletter in your inbox, simply send a message to [prescottaa@prescottaa.org](mailto:prescottaa@prescottaa.org)

It's a great way to stay connected!

STEP ELEVEN: "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out,"

TRADITION ELEVEN: "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

CONCEPT ELEVEN: "The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern."

## Intergroup News

We had a great Gratitude Picnic at Granite Creek Park on October 18<sup>th</sup>. Thanks to all who helped put it together, the speakers, and to everyone who showed up. Nice weather, too!

The next Intergroup event is the Holiday Alcathon at Safe Harbor starting on Christmas Eve and then early on Christmas Day. Food, fellowship and back-to-back meetings. More detail to follow.

November is the traditional, local Gratitude Month when we ask groups to make a special contribution to Intergroup. We rely upon these contributions to make our budget work for the year. Envelopes will be distributed to our groups as best we can, or they can be picked up at the office.

We have an open position on the Intergroup Committee. We need a "Roving Group Representative" who is willing to attend groups in our area and then write up an article for the newsletter...maybe some history of the group and other points of interest. Please contact me or Greg S. at the office if you are interested. The Intergroup Committee meets on the second Wednesday of each month, 5:30 PM at Safe Harbor in Prescott.

Many thanks to Ricky A. for servicing our website for the past 3 years. The torch has been passed to Eric L. who also manages the Shoestring Roundup website. We need these talented people.

Hugh H.  
Service Board Chair



### **Charles Towns**

Charles Towns (1862-1947), is best known in Alcoholics Anonymous as the owner to the Towns Hospital in New York City, where Bill Wilson and others were treated medically for alcoholism. He also helped AA in its beginning by loaning money and getting publicity for the new Fellowship.

Towns was born in Georgia during the Civil War. His father was a major in the Confederate Army. Early in life he sold insurance and then moved to New York and became interested in the treatment of drug addiction. Being very persuasive he thought he had the cure for addiction even though he was not a doctor. He became an associate of Dr. Alexander Lambert, President Theodore Roosevelt's personal physician.

In 1908 the United States government sent Towns to China to help with the opium problem. Towns claimed to have many successes in China and helped set up hospitals. On returning home to the United States Towns wrote articles about the problems and cures of addictions for drugs, alcohol, and tobacco. He opened Towns Hospital in 1909 with the help of Dr. Lambert. Towns believed the patient should not suffer from withdrawal. The hospital offered complete confidentiality. There was no mingling of patients. Also, the staff had no further follow-up and there was no way to know if Town's claim of great recovery success was true.

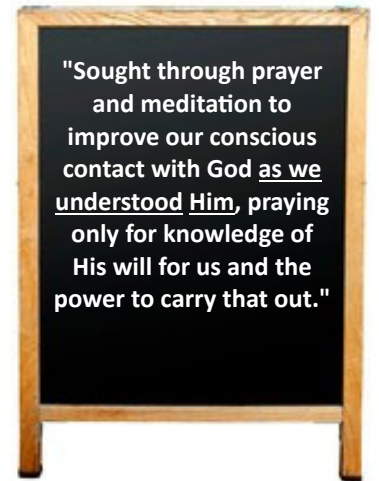
The patient was detoxed using belladonna, henbane, and prickly ash. If the patient was intoxicated when entering they first were given chloral hydrate and morphine to induce sleep. These mixtures were given every hour. The treatment was also described as puke and purge. Towns was an atheist, and believed that the patients should have no contact with each other or staff afterward. These methods were different from what became Alcoholics Anonymous. Dr. William Silkworth started working at Towns in 1929 and realized there was a need to change. He worked closely with the patients and introduced nutrients and vitamins to the therapy. It was with Dr. Silkworth that Bill Wilson had a spiritual experience. The doctor encouraged Bill.

Towns saw the results that Bill Wilson was having with alcoholics and became a supporter. First, he offered Bill a job at the hospital, which was turned down where the group met (the group that met at Bill's house in Brooklyn) told Bill not to professionalize the Fellowship. When the group was trying to get the Big Book published Towns loaned them the money needed to keep them afloat. He even lent them money to pay the printer and the hotel bill in Cornwall, New York, where the book was printed. All the money was paid back.

After the book Alcoholics Anonymous was published in April 1939, initially the sales were slow. Through Charles Towns contacts an article was written in September 1939 in Liberty magazine called "Alcoholics and God". This brought national attention. The AA office in New York received 800 pleas for help and several hundred books were sold.

Sources: "Alcoholics Anonymous," "AA Comes of Age," "Twelve Steps and Twelve Traditions" (Conference Approved Literature) and "King Charles of New York City." By Gary Neidhardt (non-Conference Approved Literature)

Dan Saks, Prescott Valley, Arizona



## *Conscious Contact...*

Especially in our world today,  
With our program - It's easy to stray,  
We do have choices,  
Guided by our inner voices,  
And the solution pops up when we pray.

When we add meditation you'll see,  
And ultimately I'm sure you'll agree,  
A few minutes a day,  
To clear bullshit away,  
How much simpler our challenges will be.

But some say it's hard to comply,  
And drum up some lame alibi,  
But we learn in the end,  
We are just blowin' wind,  
And the effort is well worth the try.

Ultimately we find it a fact,  
When we follow the steps and we act,  
The importance to see,  
That God's in it with me,  
Only if I stay in conscious contact.



# **WOMEN'S**

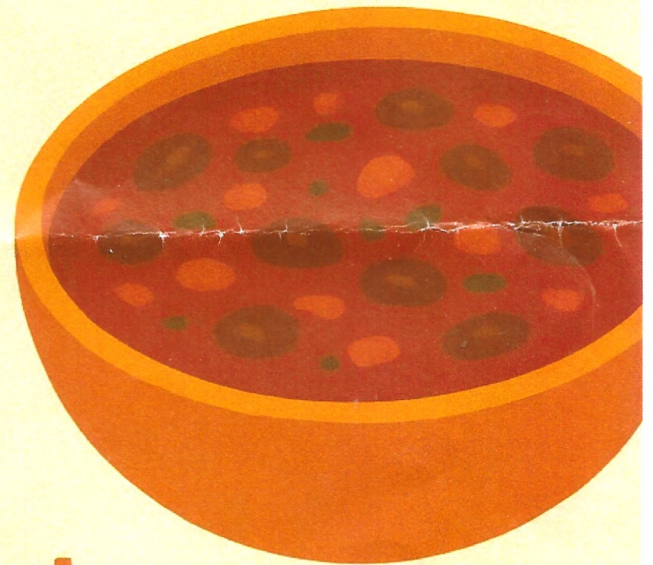
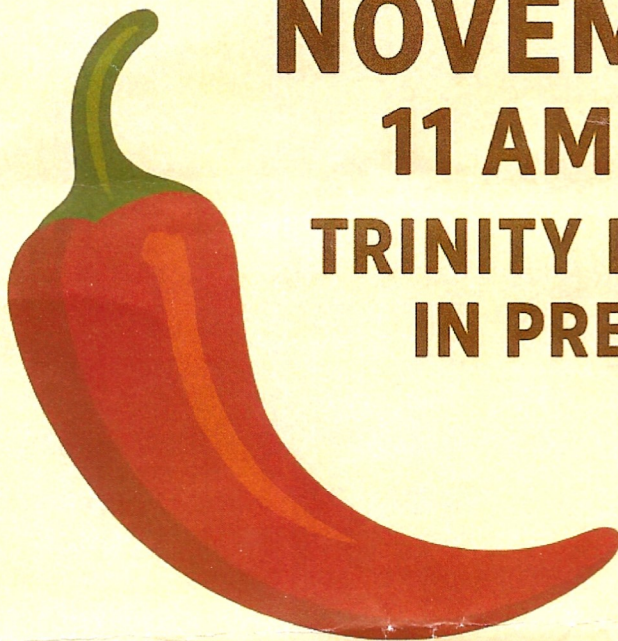
## **LUNCHEON FUNDRAISER**

# **AA CHILI COOK-OFF**

**NOVEMBER 22**

**11 AM - 3 PM**

**TRINITY LUTHERAN CHURCH  
IN PRESCOTT VALLEY**



**LOTS OF LOCAL  
FELLOWSHIP  
PARTICIPATION**

**ALL YOU CAN EAT  
CHILI AND ROLAIDS**

**\$10**

*\*Info*  
*Angela 562-477-4235*



Please join Subdistrict  
14-142 for a

# THANKS GIVING POTLUCK AND SPEAKERS



**NOVEMBER 27, 2025**

11:30-12:30 pm Potluck Dinner  
12:30-1:30 Speaker Beth S. and Dan S.

**TRINITY LUTHERAN CHURCH  
3950 N. VALORIE DRIVE, PV  
CONTACT LES S. 928-830-2688**