



Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai

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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 & prescottaa@prescottaa.org

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

prescottaa@prescottaa.org

It's a great way to stay connected!

STEP TEN: "Continued to take personal inventory and when we were wrong promptly admitted it."

TRADITION TEN: "Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name out never be drawn into public controversy."

CONCEPT TEN: "Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined."

STEP TEN

“Continue to take personal inventory and when we were wrong promptly admitted it.” Some in A.A. call our last three steps, maintenance steps. Maintenance implies keeping in good working order. I want things to continue to get better. I call Steps Ten, Eleven and Twelve “continual growth steps”. Being through with our first nine steps, having cleaned up our past, we can now enter the world of the Spirit.

Our Book, Alcoholics Anonymous describes Step Ten as: “to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. (We) continued to watch for selfishness, dishonesty, resentment and fear. When these crop up we ask God at once to remove them. We discuss them.....make amends if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and Tolerance of others is our code.”

With Step Ten I can look at my actions every day. Where have my character defects come up? I asked God humbly to remove them in Step Seven. That does not mean all negativity in my life has disappeared. With a continual inventory I can identify a defect coming back and again ask God for removal. Many share this step with a sponsor or a sharing partner. This spot check inventory can be used any time of the day when troubling thoughts arise.

Step Ten also tell us of rewards. The Big Books says “We cease fighting –even alcohol..... We lost interest in liquor. But since alcohol is a subtle foe we cannot let up on our spiritual program of action. We recover from alcoholism, not cured, but have a daily reprieve contingent on the maintenance of our spiritual condition.

Many of us had terrible hangovers in active alcoholism. Remember them! When sober we can also have emotional hangovers, which are the direct results of negative emotions or our character defects. When these arise it is time for me to recognize these defects and ask God for help. We can also discuss them with another alcoholic. Step Ten is a tool that allows us to live in emotional balance.

When disturbed or resenting another I try to look at myself. I cannot change the other person, but my reaction can change. Self-restraint is a position of non action that can spare me the embarrassment of overreaction to another’s words or deeds. Instead of arguing with someone, today I find it useful to wait. Give it some time before making that call, text or email that can lead to angry words. Ask God for guidance in a situation where I am not sure what my next course of action should be. Dr. Paul O. in the story “Acceptance is the Answer” in the Big Book said it best: “Acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation-some fact of my life –unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment.”

Dan S. Prescott Valley, AZ

Marty M.

Margaret “Marty” Mann (1904-1980) was the first woman in Alcoholics Anonymous to have long time sobriety. Born in Chicago, to a family of means, she attended fine boarding schools and went to finishing school in Europe. She was an attractive, intelligent, charismatic debutante who married early to a hard drinker. The marriage did not last. She soon went to Paris and was involved in the art and cultural scene of the Roaring 20's (called *Années folles* in France). Marty was successful in public relations business. All the success soon fell apart due to her alcoholism and the economic crash of 1929.

She returned to the United States and soon wound up in mental hospitals. At Blythewood Sanitarium in Greenwich, Connecticut where she was confined, Dr. Harry Tiebout gave her a copy of the manuscript of the soon to be published book *Alcoholics Anonymous*. At first, she through it out the window, but soon started reading it. She identified with Bill Wilson's writings and a trip was arranged to the weekly meeting in Brooklyn where she met Bill and the rest of the New York sober alcoholics. She felt at home with these alcoholics. After a while (at least one year) with Bill as her sponsor she and gained sobriety in late 1940.

Being a very good speaker and having a strong personality she soon became a well-known AA speaker around the US. In the early 1940's two doctors formed the Yale Plan for Alcohol Studies and wanted to have a national organization to educate the public on alcoholism. They approached Marty to be the leader of the new National Committee for Education on Alcoholism, since she was an alcoholic. She used her connection with AA to promote the new group. Bill and Dr. Bob also joined and stated they were also members of Alcoholics Anonymous. Marty was very active in speaking around the country for the new organization, breaking her anonymity. It came to be called National Council on Alcoholism (NCA) and it seemed AA was connected. Some AA members voiced opposition to what they saw as AA endorsement of the NCA. Bill and Dr. Bob soon withdrew membership to the NCA. Marty soon stopped using her connection with AA when speaking on behalf of the NCA. Thus the development of two traditions with Marty's experience with the NCA: Tradition Six which state “An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise.....” and Tradition Eleven “.....we need always maintain personal anonymity at the level of press, radio, and films.”

Marty continued with the NCA till she died in 1980. The main NCA message was threefold: 1. Alcoholism is a disease, 2. The alcoholic can be helped and is worth helping, 3. Alcoholism is a public health problem, therefore a public responsibility. Marty authored three books, the most well known “*Primer on Alcoholism*”. She also was credited with the founding of High Watch Farms, an early recovery center using AA principals. Her AA story is in the 2nd, 3rd, and 4th editions of the Big Book, titled *Women Suffer Too*.

Sources: 1. *Key Players in AA History*, by Bob K; 2. *Alcoholics Anonymous*; 3. *Twelve Steps and Twelve Traditions*; 4. *Mrs. Marty Mann*, by Sally and David Brown; 5. Wikipedia.....article by Dan S. Prescott Valley, AZ



Promptly admit...

Life is a never ending test,
Living the steps is our quest,
So if we work really hard,
And keep up our guard,
In the end we'll feel truly blessed.

As we work to continuously improve,
The effort will surely prove,
That once we confess,
It lessens the stress,
Making it easier to stay in our groove.

The relief will come lickety-split,
Especially if we fully commit,
The healing comes speedier,
Which makes it all easier,
But only *IF...* we promptly admit..!

WELCOME
A.A. MEETING
7 p.m.



"I know it's anonymous, but can I see the
privacy policy?"



Fall Gratitude Picnic

Saturday
October 18, 2025
11 am – 3 pm

Granite Creek Park | 554 6th St | Prescott, AZ 86301

We celebrate you!

- Lunch at 11 am
- Speakers at Noon – Sahara C. and Jack C.
- 50/50 Raffle

Please bring a chair and your favorite potluck dessert only. All other delicious food and beverages will be provided.

Hosted by the Prescott Area Intergroup.