



Prescott Area Intergroup: Serving Central Yavapai County
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Office Hours Mon - Fri: 10am-4pm Sat: 10am-2pm

OCTOBER 2026

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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: babyhueyaz@gmail.com & 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 AA name ought never be drawn into public controversy.

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

Intergroup News

Happy Fall, and welcome to the October edition of the Conscious Contact Newsletter! First thing you'll notice is the beautiful new header, indeed a huge upgrade. Many thanks to Doug W. for his artistic expertise and timeliness. Additionally, the Intergroup office has been upgraded with fresh new paint and carpet; we were closed for only three days! Please make a point of stopping by and seeing your beautiful new office. . . And finally, please do attend the Fall AA Gratitude Picnic, Saturday, October 17th 11am – 4pm, at the Rotunda in Granite Creek Park. The Intergroup provides free chicken, salads and water; bring a dessert or side to share!

Keeping A.A. Focused on Our Primary Purpose by Douglas W. (webservant@aascv.org)

When I first read Tradition Ten, it may have sounded as though I should have no opinions. Of course, that isn't what it says. As an individual, I am a citizen of the world, a neighbor, a voter, and a member of my community. I am free to care deeply about political, religious, and social issues. The distinction is that I do not present my personal views as an opinion for Alcoholics Anonymous.

When I read the *Twelve Steps and Twelve Traditions*, I learn that A.A. has never been divided by a major public controversy. I do not take this to mean that early members were unusually peaceful. As the book honestly admits, A.A. sometimes looked like "one prodigious squabble." I experienced A.A. members arguing over group management, disruptive personalities and even the cost of coffee brands and the size of the cups. Yet I notice that those arguments generally concerned how to help more alcoholics, rather than which political or religious cause A.A. should support.

I can recognize myself in those defects. Recovery does not automatically remove my opinions or my desire to be right. When I become emotionally attached to a position or view, I may start believing that everyone else needs to agree with me. Tradition Ten asks me to pause and remember why I am gathered with others in A.A. When a newcomer enters the room, I want to offer identification, my hope, my strength and not be an obstacle to a path toward their sobriety.

One warning that stays with me is the story of the Washingtonian Society in the *Twelve and Twelve*. I learn that, like A.A., the Washingtonians began as alcoholics helping one another and grew beyond 100,000 members. They then became involved in political reform and the temperance movement. Within a few years, they had "completely lost their effectiveness in helping alcoholics" (Twelve Steps and Twelve Traditions, p. 178).

Their experience helps me understand how even a worthy cause could distract the Fellowship from its primary purpose.

In a modern situation, we might hear someone suggest that an A.A. group endorse a candidate, campaign or public petition, maybe not in their share, but they are wearing statements on their clothing. For example, I wore a hat my daughter gave me of young men's professional hockey team from Portland, and it look similar to the mascot of the local high school in California, the local meeting a member mentioned I was aligning with the old mascot, I had no idea what it was about and never wore that hat again to a meeting. I may personally support a cause, but attaching my A.A. responsible to a cause could make another suffering alcoholic feel unwelcome. To me, protecting our unity is more important than sharing on how I see what wrong in the world.

One thing that still bothers me in meetings when they say, "Are there any A.A. or non-A.A. announcements?" Why should we use a meeting to support non-A.A. announcements?

Tradition Ten gives me a practical principle: **Am I speaking for myself, or am I claiming to speak for A.A.?** It also reminds me that restraint is not indifference. I can fulfill my responsibilities as a citizen of the world while protecting the Fellowship that helped save my life. I don't need A.A. members to agree with me on every issue. We need unity to keep the doors open and carry the A.A. message. By supporting A.A.'s decision to stay out of public controversy, I can help keep Alcoholics Anonymous available to any alcoholic.

Through Thick and Thin—Step Ten and Emotional Sobriety

By Greg S.

Step Ten is amazing, providing us with numerous tools for a healthy and serene clean and sober lifestyle, One Day at a Time, navigating through the myriad of ways life manifests. In fact, Bill advises accordingly: “we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul . . . can we stay sober, keep in emotional balance, and live to good purpose under all conditions?” (12&12, p. 88). The previous nine steps have taught us how we can accurately assess ourselves for the day we’re in. Prior to getting sober, we acted the way we acted, and that was that. We never thought of honestly “acquiring the habit of accurate self-appraisal” (ibid, p. 89). There’s so much to this step; we can honestly accept our humanity, remembering that we need to continually “watch for selfishness, dishonesty, resentment, and fear. When [not if] these crop up, we ask God at once to remove them . . . Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code” (Big Book, p.84).

Doing our best to stay emotionally sober, and how we’re functioning in the day we’re in (the natural evolution of the Third Step, turning our life over to God’s care) is the intent of Step Ten. For example, the spiritual axiom that “every time we are disturbed, no matter what the cause, there is something wrong *with us*” (12&12 p.90). The new character we began to forge through the application of the principles embodied in steps One through Nine can now permit our personal accountability, and taking ownership of our part in our daily interactions with our fellows. The three kinds of inventory, the spot check, day’s end, and the in-depth are also important tools to quiet the day’s “stormy emotions” (ibid, p. 90).

Other useful principally based tools aid in our successful march through the day: “we need self-restraint, honest analysis of what is involved, a willingness to admit when the fault is ours, and an equal willingness to forgive when the fault is elsewhere. We need not be discouraged when we fall into the error of our old ways, for these disciplines are not easy. We shall look for progress, not for perfection” (ibid, p. 91). Bill tops off this principally laden paragraph with, “for we can neither think nor act to good purpose until the habit of self-restraint has become automatic” (ibid, p. 91).

Our life’s outlook has indeed undergone a significant and noteworthy change for the better; this is the positive and completely necessary outlook of healthy emotional sobriety. Even *when* we’re wrong, we can employ “courtesy, kindness, justice and love . . . the keynotes by which we may come into harmony with practically anybody. When in doubt we can always pause, saying, ‘Not my will, but Thine, be done.’ And we can often ask ourselves, ‘Am I doing to others as I would have them do to me—today?’” (ibid, p.93).

Tuesday Noon Big Book Discussion Group

Located in Prescott at 1202 Green Lane, this AA meeting at the Shepard of the Hills Lutheran Church is a suitable place to find newcomers, mid-range members, and at least a dozen “Longtimers.” I know in fact that you can easily find three members and count more than one hundred years of sobriety between them.

Like many meetings, this group starts with the Serenity Prayer and follows a format which clearly defines alcoholics from others who may need different 12-step meetings and does so with a direct and gentle lead.

Finding myself in need of different AA meetings a year ago, my sponsor recommended that I try this and their Thursday noon meeting. I was pleased to discover that the Noon Big Book Discussion meeting of Alcoholics Anonymous was a comfortable fit for me. Because there is such a plethora of time and wisdom, even at 40 years sober I hear things I had never thought of in ways I had not perceived before.

To be sure, Step 9 has often been the topic in this ninth month of the year as is Tradition 9. Making amends is a topic with which I am well familiar. First, the word, “amends” means “to change,” not I am sorry. Just how many times during our drinking careers did we spout that same remorseful locution? Additionally, thank goodness, the pioneers of Alcoholics Anonymous created a fellowship where not one person or group has ultimate power. This makes certain the equality of AA remains to perform its primary purpose; to stay sober and help others to recover.

Indeed, the Noon Big Book Discussion meeting of Alcoholics Anonymous at 1202 Green Lane is a favorite one must not miss.

Submitted by our Roving Reporter – Russ H.

TENTH STEP, TRADITION AND CONCEPT

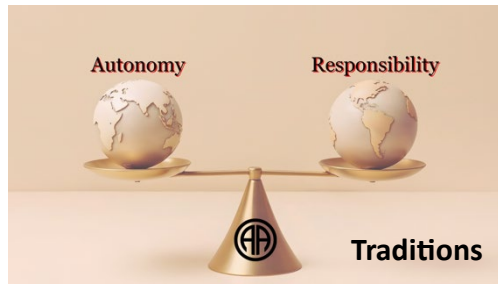
STEP TEN: “Continued to take personal inventory and when we were wrong, promptly admitted it.” I started living the AA way of life on a daily basis, while also looking at my past actions on a daily basis. People practice this introspection in many ways. I combine this step with Step Eleven, where I will pray and meditate daily. What I have developed over the years is my “20-minute quiet time.” Each morning, I review what happened yesterday and see if I need to reach out to any other person. This clears away anything that might have caused any possible relationship friction. It is here that I start using the first nine steps daily. I learned my character defects, through doing the Steps, and I look to see if any of them got in the way of my personal relationships.

TRADITION TEN: "Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy." Bill investigated the past and read of an alcoholic recovery program named the Washingtonians, that in the 1840s grew very rapidly in helping problem drinkers not to drink. It was started by 6 men, who drank together in a Baltimore bar. The movement grew rapidly but soon was divided by two big political issues of the day; slavery and prohibition. Our founders realized it is best for us to just concentrate on alcoholism in a public way. We were to take no position whatsoever on any issue of the day.

One way I use this tradition is at the Intergroup office when I am volunteering, and a visitor might bring up a present political issue. I simply remind the individual that we do not discuss politics in AA. Our discussion usually goes on to some other topic. I have used this principle to not get into political discussions with all people. I have found that people have made up their minds on such matters and many times discussions lead to uncomfortable debate. People have their own ideas on the world, national and local matters. I believe these ideas are best left outside of AA.

CONCEPT TEN: "Every service responsibility should be matched by an equal service authority-the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws." This concept is saying if someone stands and is elected to a service position in Alcoholics Anonymous, let them do what they think is best. I am not saying a person in a position should not follow group conscious. It is up to that person, new to a position, to find and follow what has been done in the past. Later if they think something should be changed, they should bring it to the group. But let us not nitpick all actions taken by a person trying to do what is best for our group, district, area or AA as a whole.

Dan S. Prescott Valley, AZ: Member of Alcoholic Anonymous



Away from the Controversy...

The NEWS drives public opinion,
And for some preys typical dominion,
But us in AA,
Live day by day,
Avoiding becoming a media minion.

Politics has no place in the rooms,
Would be trouble one surely assumes,
Our AA mission is clear,
Keep that crap out of here,
Like striking a match near the fumes,

So many are caught up in some plight,
They strive to have you see THEIR light,
They seek only fame,
Stay out of the game,
Less worries with - "No dog in the fight".

It's not like we don't give a sh*.t,
In our program it doesn't really fit,
You can do what you will,
But it's better to chill,
It makes life easier - I'll admit.

When our world seems so topsy-turvy,
we find ourselves acting with mercy,
Don't fall into the fray,
Side swipe and downplay,
Stay completely away from the controversy.



FALL AA GRATITUDE PICNIC

Saturday, October 17th 2026

11:00 a.m. - 4:00 p.m.

Granite Creek Park

554 6th Street, Prescott, AZ 86301

Hosted By: Prescott Valley Noon Meeting

Lunch 11:00 a.m. Speaker 12:30 p.m.

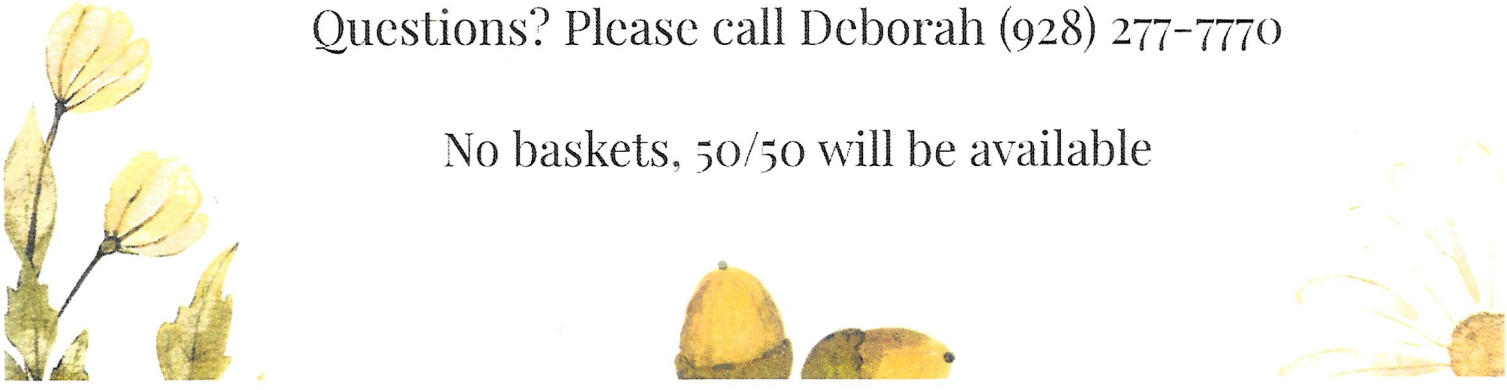
Set up starts at 9:30 am

Intergroup provides free
chicken, salads and water

Please, bring a side or dessert to share!

Questions? Please call Deborah (928) 277-7770

No baskets, 50/50 will be available



CHILI COOK-OFF



WHAT: “Chili Cook Off” of AA Home Groups

WHEN: Saturday, November 7th 2026

TIME: 11 am -2 pm

WHERE: Trinity Lutheran Church 3950 N Valorie Dr Prescott Valley

Contact: Angela W 562-477-4235 for any questions or if you want your homegroup to cook some chili!

PRE-Sale tickets will be
starting soon!

- \$\$\$\$ **\$10** per Chili Taster (ADMISSION)
- 50/50 Raffle (Must be present to win)
 - Chili Awards for 1st-2nd-3rd place
 - Award for BEST Decorated Chili Booth

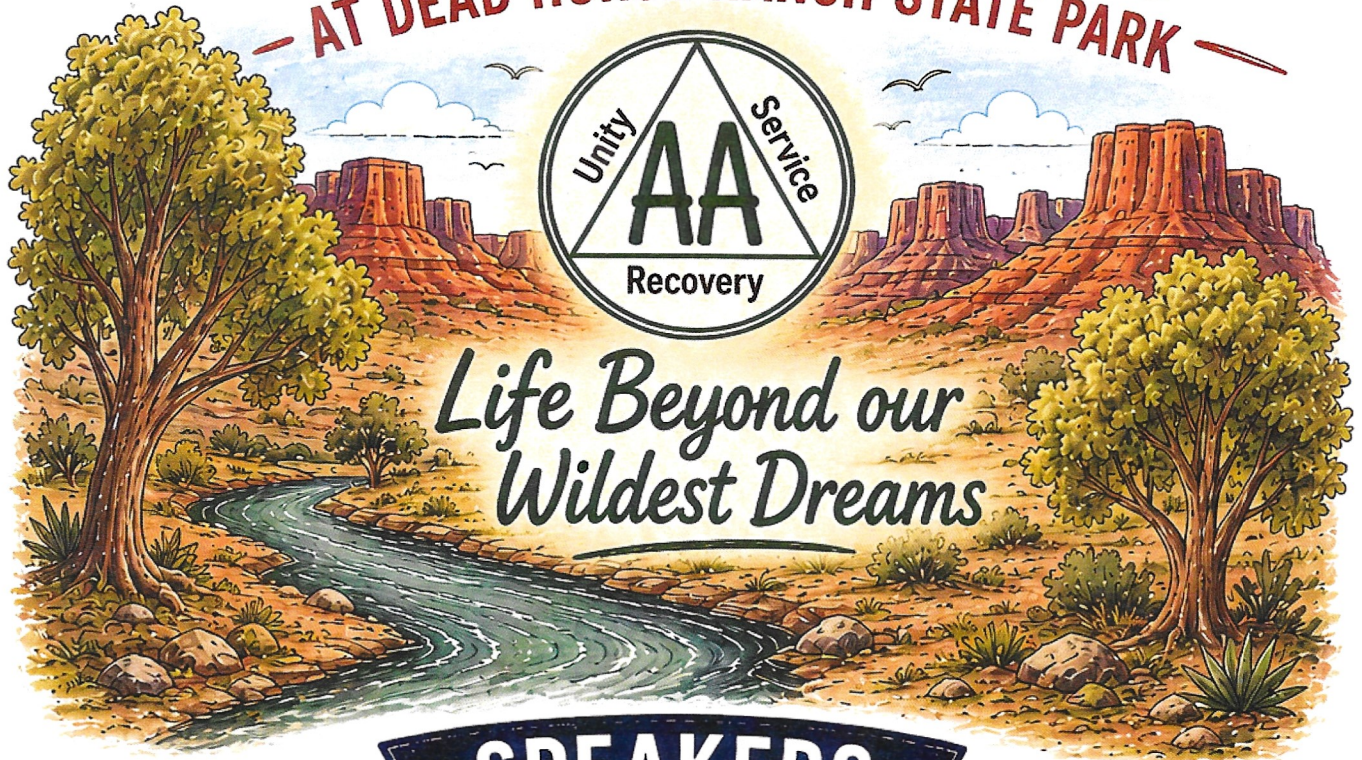


The NAZ Women's Recovery Luncheon & Chili Cook Off Fundraiser is
hosted by Girlie Birds Women's Meeting of Alcoholics Anonymous



Verde Valley Roundup 2026

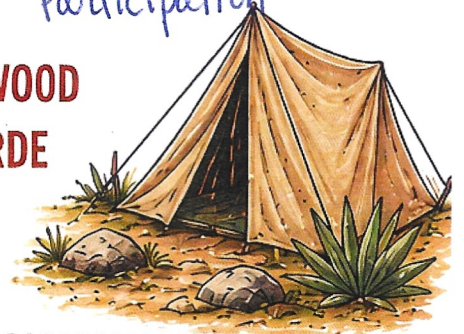
— AT DEAD HORSE RANCH STATE PARK —



★ SPEAKERS ★

- ☪ JOE C - SAN DIEGO
- ☪ BARBARA D - COTTONWOOD
- ☪ ANDREW N - CAMP VERDE
- ☪ MIKE A - TENNESSEE
- ☪ BEKI P - TEXAS

Alanon
Participation



OCTOBER 23-25, 2026

★
BRING YOUR OWN CHAIR!

VerdeValleyRoundUp.org