

Prescott Area Intergroup: Serving Central Yavapai County
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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 ELEVEN: Sought through prayer and meditation to improve our conscience 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.

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Intergroup News

Welcome to the November edition of the Conscious Contact Newsletter. Remember November is Gratitude Month! If you haven't gotten your special Gratitude Month envelope for your group and would like to contribute/participate, please stop by the office and pick one up. Latest news includes the fact that the October 17th Fall AA Gratitude Picnic at Granite Creek Park was *very* well attended, despite the relatively cold and windy weather! Plenty of free food, water and coffee were available, not including the amazing number of desserts supplied by our giving community. Many thanks to the PV Noon Group for hosting, and all who once again made this event an outstanding success. The big office news is that as of Monday, October 19th, our new website is live and in place! We have the same address, prescottaa.org. Please make the time to "drive" the site and let us know what you think; your feedback is both important and welcome. Additionally, since this is a new site, there may be bugs and/or fixes that may need to be made. If you find anything in need of attention, please do let us know (prescottaa@prescottaa.org). And finally, please support the fun-and fellowship-filled November 7, 2026 Chili Cook-Off at Trinity Lutheran, 3950 N Valorie Dr., PV, 11am-2pm. Also at Trinity Lutheran, please calendar and support Sub-District 14-142's Thanksgiving Potluck, Thursday, Nov. 26, 11:30am – 1:30pm, replete with a great potluck and great speakers.

The Bonus Rounds - Gratitude for the years I was never promised.

At ninety days sober, I believed I was ready for service. Prescott Intergroup was looking for a newsletter editor, and I was quite sure I was the right person for the job. I walked into the office and offered what I considered my considerable talents. Sue (office manager) explained that the role required a year or two of sobriety. I assured her that once she saw my CV, she would understand why that requirement didn't apply to me.
Sue was unimpressed. "AA isn't interested in CVs," she said. "Come back when you've got more time." That was my first lesson in humility.

With time, I began volunteering in the office one morning a week, and I kept at it for years. In time, I became an Intergroup rep, edited the newsletter, volunteered at the annual fundraising dinner, and helped at the Shoestring Roundup.
During one Shoestring, I was tasked with delivering welcome baskets to the speakers' cabins. I was assured the cabins were empty. One very tired speaker, after his shower, discovered there were no towels and ended up lying there, completely naked, stretched out on the bed with the air conditioning set to full blast. Enter the Welcome Basket Committee. And so, the infamous Shoestring 'ring and run' was born. Some service experiences teach humility. Others simply remind you to knock. I learned both.

This November, which is Gratitude Month, I find myself thinking back to those early days in Prescott and the foundation that fellowship gave me. I celebrated sixteen years sober in April, and this November marks nine years since I moved to Charleston, which means I am now in my tenth year here. In 2014, I was diagnosed with cancer. I have had treatment, I have faced recurrences, and I have lived through stretches of complete uncertainty about what the future might hold. Cancer changes your relationship with time in a way that is hard to describe. But so does sobriety.

I think of these years as my bonus rounds—the years I was never promised. The birthdays I once doubted I would celebrate. The gift of ordinary mornings when I wake up sober. Most of all, the privilege of watching my granddaughters grow up. I get to hear their laughter, to hold their hands, and to become part of their memories. Sometimes I look at them and realize how easily I could have missed all of this. I get to be here. Not just alive, but truly present.

I would like to say that sixteen years of sobriety and several encounters with cancer have made me the picture of serenity and spiritual maturity. They have not. My ego is still very much present, and I still sometimes confuse my plans with those of my Higher Power. AA gave me something far more useful than the illusion of control. It gave me the Steps, the fellowship, and a foundation in service that has carried me through some of the hardest times in my life.

When I moved to Charleston, I brought Prescott with me. The geography changed, but the principles did not. Gratitude is not the absence of fear, disappointment, or uncertainty. It is the willingness to show up, to be of use, and to pass on what was so freely given to me. Sue did not give me the job I wanted; she allowed me to learn something I needed. I do not know how many bonus rounds remain. Today, I am sober, I am a grandmother, and I have a life that the woman with the CV at ninety days could never have imagined. To Sue, to Prescott Intergroup, and to the Fellowship who taught me that service is gratitude in action: thank you.
You all prepared me for the bonus rounds long before I ever realized I would need them.
And I'll keep showing up, passing it on, and remembering to knock first.

I am grateful to the fellowship for my life today and thank you for allowing me to be of service.

Beth Ann R.
East Cooper Sunrise Group
Mount Pleasant, SC

A Personal Reflection on Tradition Eleven by Douglas W.

I am about to rotate out of my General Service work for Panel 75 in my District and Area 93, and I am becoming reflective. I desire to rotate out well, but I have technical skills that my Area Chair is concerned about that when I rotate others may not be able to “pick up” where I left off. I will be there and I will definitely train the new position holders. My focus will be to aid in helping and not wring my hands that I'm done and disappear. Nonetheless, I have been reflecting on Tradition 11 from my personal perspective.
When I read the long form of Tradition Eleven, I find myself thinking about something very personal: my desire to be recognized, you can’t do what I do, there is ego there. I want to be helpful. I want to carry the message. But I also need to examine how much of that desire includes wanting someone to value me.
The long form speaks directly to that question: “Our public relations should be guided by the principle of attraction rather than promotion.” I understand as guidance for how Alcoholics Anonymous relates to the public. As a personal application, it also asks me to consider whether my actions reflect recovery or simply is it about me?

What am I asking people to notice?

I can talk about honesty, patience, and willingness, but practicing them asks more of me. Am I dependable? Do I listen without rehearsing my response? Can I admit when I'm wrong? For example, at my last District meeting, I gave a 10-minute GSR resource share to the group and was corrected on one point, my defenses would normally come up. I simply replied, "Oh, I didn't know that. Thank you for correcting me." I didn't make any excuses; this is new behavior.

These ordinary choices give me a practical way to think about attraction. I would rather have someone experience kindness from me than hear me explain how kind recovery has made me.

The *Twelve Steps and Twelve Traditions* explains that A.A. wishes "to publicize its principles and its work, but not its individual members" (Twelve Steps and Twelve Traditions, pg. 182). I am reminded of that distinction. People need to know that help is available. I need to remember that A.A. does not need me, but I need A.A.

I support efforts to make accurate local A.A. information and literature available without making personal recognition the point. Before I share something, I try to ask myself: Does this help make A.A. look attractive to someone seeking help? Am I slipping any part of my résumé into the share? Am I looking for attention?

Good intentions deserve careful examination, especially when I'm sure my idea will help.

I have a responsibility to the Fellowship

The Tradition Eleven says that "personal ambition has no place in A.A." (Twelve Steps and Twelve Traditions, pg. 183). That as an invitation to serve without needing ownership, applause, or special standing. Can I do useful work and allow someone else to receive the thanks? Can I contribute without making my contribution the subject?

Tradition Eleven leaves me with a simple daily practice: examine my motives, respect anonymity, and let my conduct support what I say I believe. When I speak with someone seeking help with their drinking problem or when life gets lifey, I want to offer my experience with honestly and leave room for their own decision, even when their decision seems poor from my perspective.

Today, I am focusing on being available, acting responsible, and carrying the message with care.

ELEVENTH STEP, TRADITION AND CONCEPT

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." What has developed over the years for me is a simple quiet time in the morning, 20 minutes where I try to follow my breath in meditation. I then have a few prayers I made up in my own words to contact God and ask for help with my defects of character. Then comes a prayer of gratitude to God for all the good things that have happened since I got sober. Simple yes, but the time spent seems to work for me. This morning routine did not come to me early in sobriety. I have developed this over the years with the help of sponsors, hearing shares in meetings, and going to retreats. I try to be open to new ways of improving my contact with God.

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.” People know about Alcoholics Anonymous today through movies, TV and the internet. I try not to broadcast my membership in our Fellowship through what public communications are available to me. I am basically talking about public venues/social media on the internet. It seems AA members do not all agree about having themselves identified as AA members on the internet. I have come to the understanding that I am not an AA policeman, overseeing how about people reveal themselves as members in a public forum. If I sponsor someone and I feel they are overstepping the boundaries of the Traditions, then I speak up. Otherwise, I have found it best to keep quiet and let people learn from their own journey. Our Fellowship is strong enough to have people go against what our founders learned was best for us.

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.” This concept tells me I should support our Trustees by accepting their decisions when directing World Services. Our paid workers should be appropriately compensated as they would be in the business world. Also, these paid workers and trustees should have voting representations in our committees. They should follow the general principle of rotation and hold positions for two years. With present financial shortfalls at the General Service Office, I ask if we can follow the guidelines Bill laid out for us when he wrote the Concepts? Can we afford to pay the best possible people for our paid positions? Would it be possible for us to reorganize the General Service Office to lower costs? Food for thought.

Dan S. Prescott Valley, AZ Member of Alcoholics Anonymous

Step Eleven: Getting to Know You

By Greg S.

If we have been diligent in the application of the principles embodied in the first ten steps, we are amazed to find that they work! Although it may be obvious, Step Eleven suggests that we *improve* our conscious contact with our Higher Power, which means that we have established a working contact with God through the first ten steps. We have come to realize that God is indeed working in our lives. After all, by this time we usually have been relieved of the deadly obsession to drink, through nothing more than our ever-increasing willingness first learned in the Third Step. God has clearly done for us what we simply couldn’t do for ourselves, so doesn’t it stand to reason that it makes good sense to get to know Him better? Sure does.

The application here is to pray and meditate, and that “we shouldn’t be shy on this matter of prayer. It works if we have the proper attitude and work at it” (Big Book, p. 85-86). Much ado has been given over to the daily reading and practice of pages 85- 88, and for good reason: these paragraphs are chock full of spiritual direction on definitive ways in which we can improve our spiritual lives through God-centered (rather than self-centered) thinking and action. The inspiring line, “. . .we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it” (BB, p. 87). It’s really all about petitioning through prayer, talking to God, asking to align our will with that of our Creator, then thinking and acting accordingly.

There are lifelong rewards to conscientiously practicing the fruits of the first Eleven Steps: "There is a direct linkage among self-examination, meditation and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life" (12&12, p. 98). This is just one of the many promises inherent to this program. Following these directions as best we can for the day we're in provides the removal of the obsession to drink enabling [us] to become "happily and usefully whole" (ibid, p. 15).

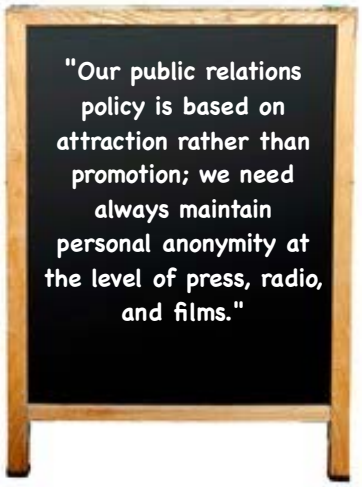
Listening to God is another practice, usually ensnared by us because we think we're not doing it right. Let's remember that meditation ". . .has no boundaries, either or width or height. . .it is essentially an individual adventure, something which each one of us works out in his [or her] own way" (ibid, p. 101). Further, it must be remembered that meditation has a sincerely practical benefit; "One of its first fruits is emotional balance. With it we can broaden and deepen the channel between ourselves and God as we understand Him" (ibid, p. 101-102). Whether it be savoring and pouring over the St. Francis prayer, or envisioning a special place for contact with God, it is good to remember that, as we've read many times, "God will constantly disclose more to you and to us" (BB, p. 164). Prayer and Meditation never fail. Let's get as close to God as we can; He will never fail us!

The Nooner Sooner Group
Chino Valley AA

For more than 25 years, the Chino Valley "Nooner Sooner" AA meeting has been sharing their experience, strength, and hope with alcoholics. Even prior to my announcement as the Prescott AA Intergroup "Roving Representative," several of the members welcomed me into their group. To be sure, I recognized a few members from other groups that I attend regularly. Unlike a few other groups, the Nooner Sooner group read the first two hundred words of Chapter Five, "How it Works" in full as well as the Twelve Traditions. Additionally, and to my delightful surprise, the group went "old school" and asked for someone to pick a topic. This reminded me of when I first got sober in a group about the same size. The Chino Valley group had a full house, and I discovered after the meeting that the group had two prior venues and was currently looking for yet another larger venue. As sharing continued, I had the feeling that the group members were all friends and not simply people in recovery. In fact, one the members after the meeting said the very same thing, "We are a group of alcoholics who feel that we are a family." I could feel that energy as I listened to their shares. When I was asked to speak, I offered my experience with the ninth step, and how Step Nine was the step that God removed my obsession to drink (which makes not drinking so much easier!). I also shared that in my first 1.5 years of sobriety, I had a motorcycle accident, where incidentally, the doctors discovered that I had a brain tumor that had been growing long before the accident, thank you God for letting me know. While waiting on a gurney, minutes prior to brain surgery, several of my AA friends surrounded my gurney. Of course, we all shared stories about our drinking follies, when one friend shared that the worst thing she did while drinking was when she stole money from her parents. While lying on the gurney, I blurted out, "Wow, that's the only thing I didn't do!" My mother, who was standing by quietly, said, "Oh honey, don't you remember? You borrowed a thousand dollars from me and never paid me back." Suddenly, interns wheeled me into the operating room, while I prayed to God to get me through the surgery so I could pay my mom back. Things went well and I was able to pay her back with interest. Thank God for Alcoholics Anonymous! Russ H.







Will always turn out...

Press, radio and TV oh my,
We fall prey in the blink of an eye,
We are easily swayed,
And sometimes betrayed,
Feels like we're back in junior high.

Now, throw social media into the mix,
And even some dumb ass politics,
A jumbled combination,
That invites agitation,
Can make us seem like total lunatics.

Then there's the issue of ego,
Inviting predictable "bigshotism",
It does us no good,
To fall prey to falsehood,
Playing into the hand of narcissism.

That is certainly what we don't want,
And there is really no reason to taunt,
So we stay in our lane,
Staying sober and sane,
Humble, thankful and confident.

We know there is a simple way out,
And for that we have no doubt,
It's "do no promotion",
And attract through devotion,
For the searchers will always turn out...!

Lewis Q





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

PRESCOTT AREA INTERGROUP

TREATMENT FACILITIES COMMITTEE



WE NEED YOUR HELP!

SERVICE COMMITMENTS AVAILABLE



NEXT MEETING 7:00 PM

WEDNESDAY NOVEMBER 18th

UNITED METHODIST CHURCH

505 W GURLEY STREET, PRESCOTT

UPSTAIRS HALL



WE NEED MORE VOLUNTEERS TO TAKE AA MEETINGS

INTO LOCAL DETOX AND TREATMENT CENTERS

SIX MONTHS OF SOBRIETY REQUIRED

WEEKLY OR BI-WEEKLY SERVICE

YOU CAN SHARE A COMMITMENT



SEE YOU NOVEMBER 18TH!

SUBDISTRICT 14-142

THANKSGIVING POTLUCK

THURSDAY
NOVEMBER 26TH

LUNCH
11:30 AM – 12:30 PM

SPEAKERS
12:30 PM – 1:30 PM
Jack C. and Sahara C.

LOCATION
Trinity Lutheran Church
3950 N. Valorie Dr,
Prescott Valley, AZ

UNITY SERVICE AA RECOVERY ®

PLEASE BRING A
DISH TO SHARE

FOR QUESTIONS, CONTACT:
Travis Davis
641-260-4049



Bingo! Christmas Bingo!





WHAT: "Christmas Bingo"
WHEN: Saturday, December 5th 2026
TIME: 2 pm - 4 pm
WHERE: Safe Harbor (520 W Delano Ave)

- $$20/person ($10 for additional book of games)
- Prizes! & the GRAND Prize of a Kindle!!
- 50/50 Raffle just in time for more shopping!
- 80 Maximum includes kids
- Concessions available



FOR Pre-Sale Tickets

CALL: Elena S. 928-327-9064

Susan C. 928-499-8003



NORTHERN ARIZONA ANNUAL Women's RECOVERY LUNCHEON PRESCOTT

The NAZ Women's Recovery Luncheon & Christmas Bingo Fundraiser is hosted by Girlie Birds Women's Meeting of Alcoholics Anonymous