

# Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai  
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## February 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: [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 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 society in its world affairs.

### Intergroup News

Another big “Thank You” to the groups and individuals who supported the Intergroup during 2025. Approximately 60% of our income comes from these two sources. Events and sale of merchandise make up the rest. 2026 promises to be an equally positive year. Intergroup will host a Traditions Event, Spring Picnic, a Bingo Event, the 41<sup>st</sup> Annual Shoestring Roundup, a Bunco Event and the Holiday Alcathon. Plus we support other events as put together by groups and AA members. We do need a volunteer to take over the Chair position for the PI/CPC Committee with the intent of putting together a fall luncheon to help educate the health, law enforcement, education, criminal justice and local government systems about Alcoholics Anonymous. PI/CPC = Public Information/Cooperation with Professional Community. We had a successful event in 2024 and it is time to do another. Please contact Greg S. or me if interested. We welcome Gabi V. to our Board of Directors. She replaces Kelly M. who is stepping aside after almost 4 years of service. Kelly will continue to serve as a desk volunteer. Thank you Kelly!

Hugh H. / Board Chair

## “The Professor and the Paradox”

1. We SURRENDER TO WIN. On the face of it SURRENDERING certainly does not seem like WINNING. But it is in AA. Only after we have come to the end of our rope, hit a stone wall in some aspect of lives beyond which we can go no further; only when we hit “bottom” in despair and surrender, can we accomplish sobriety which we could never accomplish before. We must, and we do, surrender in order to win.
2. We GIVE AWAY TO KEEP. That seems absurd and untrue. But in order to keep whatever it is we get in AA, we must go about giving it away to others, for no fee or rewards of any kind. When we cannot afford to give away what we have received so freely in AA, we had better get ready for our next “drunk.” It will happen every time. We’ve got to continue to give it away in order to keep it.
3. We SUFFER TO GET WELL. There is no way to escape the terrible SUFFERING of remorse and regret and shame and embarrassment which starts us on the road to getting well from our affliction. There is no new way to shake out a hangover. It’s painful. And for us, necessarily so. I told this to a friend of mine as he sat weaving to and fro on the side of the bed, in terrible shape, about to die for some paraldehyde. I said, “Lost John”-that’s his nickname- “Lost John”, you know you’re going to have to do a certain amount of shaking sooner or later,’ “Well,” he said, “for God’s sake let’s make it later!” We suffer to get well.
4. We DIE TO LIVE. That is a beautiful paradox straight out of the Biblical idea of being “born again” or “in losing one’s life to find it.” When we work at our Twelve Steps, the old life of guzzling and fuzzy thinking, and all that goes with it, gradually dies, and we acquire a different and better way of life. As our shortcomings are removed, one life of us dies, and another life of us lives. We in AA die to live.

From Alcoholics Anonymous, 2<sup>nd</sup> Edition, p.341-342.....Reprinted with permission from AAWS.

PARADOX: Something that is made up of two opposite things that seems impossible but is true or possible.

## Being Restored

Alcoholics Anonymous 2<sup>nd</sup> step states: Came to believe that a power greater than ourselves could restore us to sanity. My belief is that the keyword to this step is noticing how it implies "Came to believe", therefore what steps do you take and action to further believe in what it means to live in sanity or defined as peace of mind. First off when I surrendered myself to A.A. I became convinced that my way didn't work, and inevitably I would drink again, though I did not understand that I needed a relationship with a power that I could create a dependence upon to think, act and behave with a sound mind. My whole life was always involved with insanity and destruction; therefore it was difficult in early sobriety to believe that a power greater than me, wanted to help restore my character (mind, body, and spirit). The first real experience of a Power Greater than myself was experienced during the 5<sup>th</sup> step. This was a powerful moment because all the secrets, lies and horrors that I tried to hide for the duration of my life, was completely lifted and I found that for once I could experience what for me, is defined as the present moment. During this time, I for once knew what a Power Greater than myself love really meant all fears, worries, and insecurities were instantly lifted hence "Came to believe". In theory I see that the 2<sup>nd</sup> step and 11<sup>th</sup> step are intertwined because of the consistent term Seeking (Conscious Contact) that we imply through action. Every experience that I have ever had from bad choices to just trusting in the process of a Higher Power's plan has been difficult at times, because as an alcoholic my default nature is to believe that I have a solution at times and I'm unable to restore my own broken mind to sanity; therefore I obsess and try to control situations that I think are fixable or manageable, a broken record can't fix itself which is a false delusion itself. Experience always shows that when I surrender a situation that I know to be difficult or challenging I consistently pray and place that guidance in a Higher Power, I become enabled to grow in my own faith and trust with this power greater than myself. Today Believing for me is accepting those flaws within myself and trusting that there is a higher love who wants me to live present from the moment I wake up, to the end of my day when I lay my head to rest. Good thinking and Purpose only come through trust and faith, keep on seeking on how you can become restored a little more for this 24 hours.

**Ozzy D.**

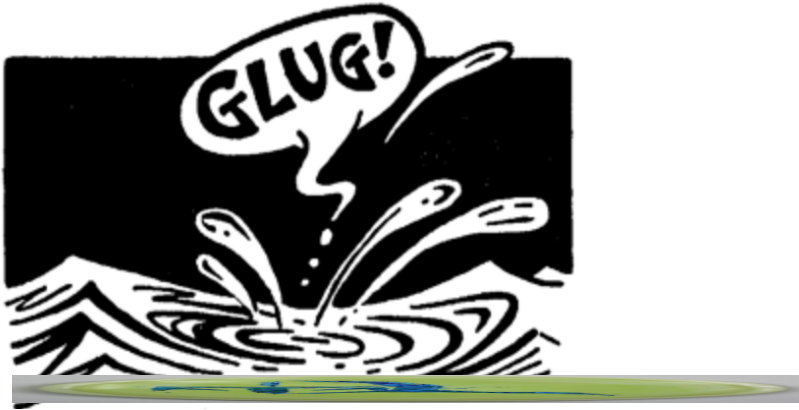
### Step Two

"Came to believe that a Power greater than ourselves could restore us to sanity." First, let's ask ourselves what we mean by sanity. A good definition is soundness of mind, being free from defect, disease, damage or distortion. Doing Step One, we conceded to the fact that we have the illness (disease) of alcoholism. Have we distorted the truth about ourselves, trying to continue to drink? Have we told ourselves we would not do certain behaviors and continued to do them because of alcoholism? I came to realize that drinking was causing me great damage both mentally and physically. The simple truth was I could not quit or moderate. If I could not drink in an acceptable manner on my own power, then I needed a Power greater than myself. Many, including me when initially hearing about the solution of needing a Power greater than myself, felt a sense of hopelessness. Some had strong doubts about God (agnostics) and I and others denied this existence of any God (atheists). The truth today is clear that I could not stop on my own power and I needed a Power greater than myself to solve the drink problem. In the book Alcoholics Anonymous on page 45 it says: "Lack of power that was our dilemma. We had to find a Power by which we could live, and it had to be a Power greater than ourselves. But where and how were we to find this Power.....that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem".

I started believing that Power was the Fellowship of Alcoholics Anonymous. The desire to drink was lifted. I did not sit all day restless, irritable and discontented. I was attending meetings daily, out for ice cream after the meeting with my new friends who had the same problems as I did. My willingness to become involved with our Fellowship gave me hope that allowed my mind to feel sane. Sanity has returned thanks to my new Higher Power, Alcoholics Anonymous. We need to make a start and that start comes to us in different forms. Some who once had faith started to believe God did not care for them. Guilt shame and remorse clouded our thinking. When we saw our willingness bring about change we came to realize maybe, just maybe, God was doing for us what we could not do for ourselves. AA tells us to pick a Higher Power of our choosing. Many AAs return to the religious institutions of earlier years. Others who had faith and religion found with the knowledge of alcoholism there was new hope. Our co-founder Dr. Bob attended the Oxford Group and other churches. When he was armed with the facts of alcoholism and could now recover.

There are different ways in AA to come to believe that a Power greater than ourselves will restore our sanity; with willingness and open mindedness recovery can be achieved.

**Dan S.**



## *So you think you can drink...*

*Oh... The things you could drink...*

*If you stop and you think...*

*You could drink in a bed,  
You could drink yourself dead,  
You need a new drink...  
Like a hole in the head.*

*If you think you can drink...*

*The trouble you cause,  
Doesn't cause you to pause...  
It makes you feel great  
Oh the consequences... Just wait...*

*If only ONE drink...*

*It's easy to start,  
I'll have only one,  
It's so hard to stop  
Why stop all the fun...*

*Remember the toll...*

*You can puke in a bowl,  
You can puke in a sink,  
You can puke anywhere...  
if you think you can drink...*

*Then Remember the STEPS...*

*They are simple and true  
They are good for the old  
And good for the new  
If you truly could drink  
You'd not need them too...!*

*Lewis Q.*



# Mardi Gras: Potluck & Speaker

When: Friday February 27th 2026

Where: Trinity Lutheran Church  
3950 N. Valorie Drive  
Prescott Valley, AZ

Pinata for the Kids!

Potluck 6pm

Speaker 7pm Brad B.

Friday Night  
Speaker

Mardi  
Gras  
Feb 27<sup>th</sup>  
Brad

Bring a Dish to Share!

Come Join The Fun



Prescott Intergroup  
Proudly Presents

# TRADITIONS BREAKFAST



\*Breakfast\*  
\*Sobriety Countdown\*  
\*Raffle & 50/50\*

**The Traditions are to the group what the Steps are to the Individual.  
Please come join us for a wonderful breakfast buffet and listen to a brief  
history of each Tradition. Great food, fellowship and fun is promised!!**

**When:** Saturday March 7th  
**Time:** 9:00 am - Noon  
**Where:** Trinity Lutheran Church  
3950 N. Valorie Drive, Prescott Valley

**DOORS  
OPEN AT  
8:00 AM!**

**Speakers:**  
Oscar A., John C.,  
McCarthy H., Gabi V.

**Tickets are \$20 per person**