



Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai
240 S. Montezuma St., Prescott, AZ 86303

Phone: (928) 445-8691 Website: www.prescottaa.org Email: prescottaa@prescottaa.org
Office Hours Mon - Fri: 10am-4pm Sat: 10am-2pm

July 2026

- INSIDE
 - John C. – Intergroup News
- Jim P. – What it Was Like, What Happened, and What it is Like Now.
 - Greg S. - Falling Short of the Mark – Step Seven
 - Lewis Q. - Tradition Seven
 - Russ H. - Roving Article - The Higher Power Hour
 - Dan S.: The Seventh Step, Tradition, and Concept

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 SEVEN: Humbly asked him to remove our shortcomings..

TRADITION SEVEN : Every A.A. group ought to be fully self-supporting, declining outside contributions...

CONCEPT SEVEN: The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purpose for final effectiveness.

Intergroup News

Being of Maximum Service

On June10, 2026, the Intergroup Committee Meeting approved the new Board of Directors for the next two years, of which I am honored to serve as the Chairperson. Board members are as follows:

John C.	Chairperson
Tammy D.	Vice-Chairperson
Isaac B.	Treasurer
McCarthy H.	Secretary
John E.	Member-At-Large
Gabi V.	Member-At-Large

On behalf of the Board, I would like to recognize and thank our former Chairperson and Trusted Servant, Hugh H., for his tireless dedication to the Prescott Area Intergroup. Under Hugh's tutelage and organizational expertise over the last four years, the Intergroup became a (501c3) not-for-profit organization, with favorable and lawful state and federal tax implications. Moreover, under Hugh's guidance the Intergroup became more professionally and fiscally structured, soundly applying to the Intergroup our Seventh Tradition principle to be "fully supported by the voluntary contributions of [our] own members" (Big Book, p.564). Hugh's service and dedication to the Prescott Area Intergroup have left both our organization and community far better than he found it.

Respectfully and sincerely,
John C.

What it Was Like, What Happened, and What it is Like Now.

By Jim P.

AA talks about the need to reach a bottom.

It seems that this alcoholic reached a bottom, and proceeded to drag that bottom for a very long time. Things were really bad for a really long time.

A picture of what my life was like inside that bottom looked something like this:

I lived in a wretched apartment in Hell's Kitchen. The windows all faced a brick wall making it necessary to keep the lights on day and night. My rug smelled of cat pee, and I did not own a cat. The hissing radiators belched out unbearable and uncontrollable heat.

When I came home, I would strip naked and sit on a ragged chair, with the buzzing TV on no specific channel.

I would drink, and just stare straight ahead, looking at nothing.

Eventually I would go to the tiny bathroom to sit down and pee, as I was no longer able to stand and pee with any accuracy. Reaching behind me I would flush the toilet with the rusty chain.

I would repeat this routine many times throughout the night, and the most pathetic part of this dark ritual was my looking at myself in a 6 ft Walmart mirror nailed on the opposite wall of the toilet.

I would sit naked on the seat, a skeleton with a beer belly, watching myself drinking and peeing.

I would later learn in the rooms of AA that I was in fact an egomaniac with an inferiority complex.

It would take 3 years from time I went to my first AA meeting until I would finally surrender. That surrender would come one dismal day in NYC.

I went to a local Blarney Stone bar and began drinking at 8:30 AM. I still remember seeing a guy next to me drinking a Seabreeze and my saying to myself, "Wow, Vodka, 8:30 in the morning."

Since bars in NYC are open until 4 AM, I drank the whole day and night until then.

The following morning, I came to and realized what it meant in the Big Book about being at the jumping off point! I felt like I could not drink, and I could not, not drink, like I was sliding down the side of the earth.

I ran out of my apartment and, in a city of millions of people, my body literally slammed into the body of a guy I knew was in AA.

I began to cry, as I tried to explain myself.

The guy started to give me the "AA nod."

"NO, you don't understand, this is really bad."

He scowled at me and said, "Look it's 11:45. I'm going to a Noon meeting; you can come with me, if you want to".

I did, and went to a meeting every day for the next six days. On the sixth day a share someone made hit me right in my Soul! At that moment I admitted to my innermost self, (to me, my soul), that I was an alcoholic!

I have not had a drink since that day---39 years ago. My Higher Power, and AA has placed me on a Spiritual path that I could never have imagined, and has allowed me to be that guy I slammed into that day to countless Sponsees.

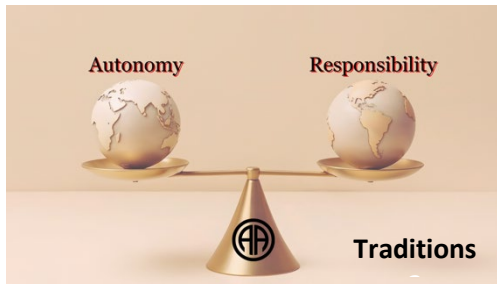
Falling Short of the Mark—Step Seven by Greg S.

The words “Defect” and “Shortcoming” as used in Steps Six and Seven respectively, are synonymous, in that they both mean an imperfection or lack, a failing or deficiency. One might also be inclined to see these steps as interchangeable. Based on my experience with these steps, I believe there is a difference. I suggest that Step Six involves behaving in a way I *shouldn't* be (defective behavior), while Step Seven means that I am falling short (short-in-coming) of the way I *should* be acting. In other words, Step Six is about exposing the old character I brought here, while Seven is about focusing on the new character I’m building One Day at a Time.

Even though all Twelve Steps involve “the attainment of greater humility” (12&12, p.70), Step Seven specifically concerns itself with humility. There are two wonderful definitions of humility Bill offers in Seven. The first is “making honesty, tolerance, and true love of man and God the daily basis of living,” while the second, beautifully stated, is “that basic ingredient of all humility, a desire to seek and do God’s will. . .” (12&12, p.72). All Twelve Steps involve shedding our old, broken character for a new one. Until this point in our recovery, we hadn’t really considered “character-building as something desirable in itself, something we would like to strive for whether our instinctual needs were met or not” (12&12, p.72).

We find the openness to building a new character is far more profitable and interesting than the tendency to revert to the old character: “to be willing to work for humility as something to be desired for itself takes most of us a long, long time. A whole lifetime geared to self-centeredness cannot be set in reverse all at once. Rebellion dogs our every step at first” (12&12, p.73). Although the tendency to slip into the old character from time to time occurs, a higher level of willingness learned in Step 3 manifests, that “we must try with a will, or else fall by the wayside. At this stage of our progress we are under heavy pressure and coercion to do the right thing . . . our thinking about humility commences to have a wider meaning” (12&12, p.74). Fundamentally, the way that we are now trying to behave is commensurate with the willingness and desire to seek and do God’s will—that’s the new character taking place!

This same willingness in Step Six which enables us to “let God remove from us all the things which we have admitted are objectionable” (Big Book, p. 76) rockets us into the Seventh Step prayer “. . .[please] remove from me every single defect of character which stands in the way of my usefulness to you and my fellows” (ibid, p. 76). Finally, we find that “. . .we now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted we were powerless over alcohol, and came to believe that a Power greater than ourselves could restore us to sanity” (12&12, p. 76). If God can take care of this, which He most certainly can, then it stands to reason that He can take care of any other problem we may have. Let’s get to know Him better!



Self supporting...

There's loads of money floating around,
In sobriety our opportunities abound,
If we take all the loot,
Like a greedy galoot,
The outcome will surely astound.

We could be lead off the path,
From the progress our program hath,
While it's easy to stray,
We become easy prey,
Not worth being a psychopath.

It's better to follow the lead,
As most old timers agreed,
Declining outside support,
Puts the ball in our court,
Provides us the dignity we need.

Now that we're not drinking or distorting,
With little hindrance or thwarting,
We make our own way,
As we work day by day,
To continue to be self-supporting....

The Higher Power Hour By Russ H.

Open Big Book Study of the Spring Valley, "Higher Power Hour" AA group, located at 13955 S. Spring Lane, Spring Valley, AZ meets on Wednesdays at 5PM. Their meeting was in a local church, which had a great room where the coffee was abundant, and the seats were cushioned with extra padding (which was great for my tush. I usually bring an extra seating pad for myself. You know what they say, "The brain can only absorb what the rear end can tolerate"). What a great name for an AA group!

Twelve AA members were in attendance, who had varying lengths of sobriety, and like all the outlying area AA meetings, they appreciated the Intergroup's interest in sending me to their meetings. In good AA fashion one member showed up early, introduced herself to me and began to set up the meeting. I asked if she needed any help, but she declined, saying that she really enjoyed her service at the meeting (and she wasn't even the Secretary or Chairperson!). When the Chip Meister asked for birthdays, I revealed that a few days earlier I had celebrated 40 years of continuous sobriety. I have to say that I really enjoy going to new meetings, in fact, I found an AA meeting in Kenya Africa in 1993 and, of course I didn't understand what they were saying because they spoke Swahili! Interestingly enough, on my way back to the States I had a stay in London, where they (obviously) speak English, and I had no idea what they were saying! No matter the tongue spoken it is always the language of the Heart.

Like so many meetings I've attended, the members of the "Higher Power Hour" group were happy, informed, and courteous. After informing the group that I was there in the capacity as the official Intergroup Representative I gave them an envelope containing meeting lists, flyers for the 41st annual Prescott Intergroup Shoestring Roundup as well as other flyers, and thanked them for their kindness. If you're ever coming back from the Valley or north on the I-17, this meeting is not hard to find. It's the only stoplight just west of the I-17. I know the group will appreciate your attendance.

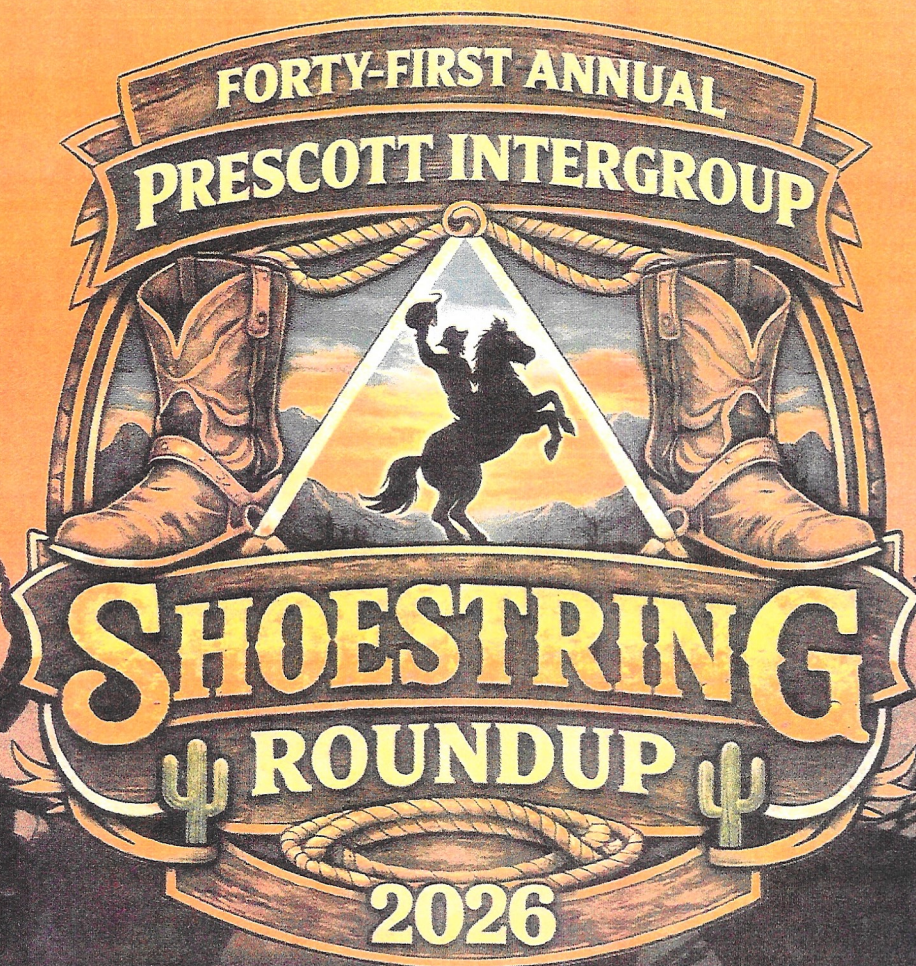
THE SEVENTH STEP, TRADITION AND CONCEPT

STEP SEVEN: “Humbly asked Him to remove our shortcomings.” In our Big Book it states, all we need to do is ask God to remove all the defects of character that stand in the way for me to be useful to Him and our fellows. Since we know the shortcomings from our Fourth Step, asking God to remove them is a step in the right direction. I have learned to continue to ask God for help with these items. Sometimes I must realize God is giving me the opportunity to have me work on a shortcoming. My sponsor suggested I make my own prayer in asking for help here. Years later, I still ask Him in my morning quiet time to help me with seven items I identified. I can report that I am making progress.

TRADITION SEVEN: “Every AA group ought to be fully self-supporting, declining outside contributions.” Our early members realized this is the best way to go. Bill tried to get financial support for the Fellowship in the early years. Thanks to men such as John D. Rockefeller, whom Bill sought funds from, it was suggested to him that this new organization (AA) would be much better off being self-supporting. He told Bill, “I am afraid that money will spoil this thing.” Besides fighting over money, AA would be indebted to large donors. If we are to continue to make decisions in our best interests, it is best we not be in debt with others. If AA stays poor the large projects which help alcoholics, such as hospitals and treatment centers are left to others. It is important as a member of AA that I financially support my home group and other service entities. In AA I found real solutions to all my problems, hence I need to support it in every way I can.

CONCEPT SEVEN: “The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the AA purse for final effectiveness.” To me this means the trustees direct the action of our world service activities and take their direction from the Conference, which is the group conscious of all AA members. The trustees do have the power to not follow the Conference direction if that direction is not fiscally wise. Hopefully we do not spend money we do not have.

Dan S. Prescott Valley, Arizona Member of Alcoholics Anonymous



Prescott Rodeo Grounds

840 Rodeo Dr., Prescott, AZ

4 AA Speaker Meetings

**Alanon Meetings and Speaker
Marathon Meetings and Workshops
Food and Entertainment**

Raffles:

**50/50 and Gift Baskets
Saturday Night Dance
RV plugin/Dry Camping**

Preregistration Online: \$30 / \$35 at the Door

41st Annual



July 24, 25, 26

shoestringroundup.org

Friday Night SPEAKERS'

19th

ANNIVERSARY

Potluck and Speaker



POTLUCK
6 P.M.



SPEAKER
STARTS AT 7 P.M.

Our Speaker:

**MIKE
BENNETT**

AUGUST 14TH, 2026



FRIED CHICKEN PROVIDED!

*Bring your favorite
dish to share.*



FAMILIES ARE WELCOME!



TRINITY LUTHERAN CHURCH

3950 Valerie Drive, Prescott Valley, Arizona

PRESCOTT AREA INTERGROUP
TREATMENT FACILITIES COMMITTEE



WE NEED YOUR HELP!

SERVICE COMMITMENTS AVAILABLE



NEXT MEETING 7:00 PM

WEDNESDAY JULY 15th

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 JULY 15TH!