



# Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai  
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## May 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 FIVE: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

TRADITION FIVE: Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.

CONCEPT FIVE: Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

### **Intergroup News**

The Bingo fundraising event at Safe Harbor on April 18<sup>th</sup> was a lot of fun and a big success. Thanks to all who did the work and all who showed up. There are two more fundraising events coming up to support the Roundup –

Sunday May 17<sup>th</sup> – Annual Spring Picnic, 11:00 AM at Granite Creek Park, Prescott.

Saturday June 20<sup>th</sup> – Bunco Party, 1:00 PM at Shepherd of the Hills Church, Prescott.

There are still opportunities to help out with the 41<sup>st</sup> Annual Shoestring Roundup on July 24-25-26 this summer at the Prescott Rodeo grounds. The next PISR Planning Committee is 5:30 PM, May 15<sup>th</sup>, lower level at Safe Harbor. Come out and be a part of this event.

Price increases on AA literature take effect on May 1<sup>st</sup>. We held off as long as we could but now new stock from AAWS is at the revised price. No change to other merchandise, such as sobriety coins and medallions.

It's a busy time of year within our community. Check out the [prescottaa.org](http://prescottaa.org) website and look under the events tab. Thanks for your ongoing support of the Prescott Area Intergroup. Hugh H./Service Board

### **Step 5 (by Justin G.)**

*“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”*

My first experience completing the Fifth Step was incredibly powerful. My sponsor emphasized what the Big Book says about this step, particularly in Chapter 6, *Into Action*, where it makes clear that action on my part is required. It also warns that if I were to skip this step or hold anything back, I might not overcome my drinking problem.

At that point, I was still deeply afraid of the life I had lived for 24 years, but that fear made me willing to do whatever was necessary. I chose to share my Fifth Step with my sponsor because I felt comfortable with him and could relate to him. At the same time, I appreciate that this step can be taken with others as well—a doctor, psychologist, trusted friend, or priest.

Completing this step meant making a full and honest admission of my defects to God, to myself, and to another person. These defects, which I had uncovered in my Fourth Step, were laid out clearly in front of me. Seeing them in black and white made it impossible to avoid or minimize what needed to be acknowledged and felt.

I believe sharing this with another person is essential because it is where true humility begins in the Fifth Step. Speaking openly and honestly with someone else confirmed that, for the first time, I had been truly honest with myself—and, more importantly, with God.

The promises associated with the Fifth Step are powerful and uplifting, and by this stage in my recovery, I felt they had come true for me. What stands out most is the sense of peace I experienced. I felt at ease with the world and no longer alone. The man I sat across from understood me, related to me, and showed me a level of compassion, love and acceptance I had never known before. The loneliness I had carried for so long began to fade through God’s grace.

I also followed the guidance in the Big Book to find a quiet place afterward and review the first five steps, ensuring that I had been thorough and that my foundation was solid.

Today, I continue to practice the principles of integrity and trust that were planted in my heart from the Fifth Step.

### **Love and Gratitude!!**

#### **Fifth Step Promises (Big Book, p. 75):**

**"We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past. Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe."**

## Step Five—Tell on Yourself! Greg S.

After making a searching and fearless Fourth Step moral inventory, many of us are, to say the least, more than a little nervous at the prospect of actually sharing our dreaded secrets *with another human being!* Yes, we have put our finger on the not-so sparkly aspects of our character, and now we are to take the action necessary to “cast out” and admit our newly exposed defects (Big Book, p. 72). As uncomfortable as it may be, if we are to receive any relief from this exercise, we need the unbiased counsel of a trusted person.

We are trying to really discern the true nature of the character we brought here: “More realism and therefore more honesty about ourselves are the great gains we make under the influence of Step Five” (12&12, pp.58-59). Outside help is necessary; “Only by discussing ourselves, holding back nothing, only by being willing to take advice and accept direction could we set foot on the road to straight thinking, solid honesty and genuine humility” (12&12, p. 59).

Although people try to find ways out of taking this seemingly insurmountable step, the Big Book reminds us that the best reason for taking this step is “If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk” (pp. 72-73). Early on, this passage really is an eye opener to the dangers inherent to step avoidance. So, when my sponsor asked me, “is there anything you have left out?” I told him that I took the meaning behind the Fourth Step’s fearlessness and thoroughness to heart—I did not leave anything out, and that felt like I was on the right track.

Solid counsel from a trusted friend ensures honesty with self and with God. Ensuring we have chosen the right “close-mouthed, understanding friend” (BB, p. 74), we get into action, both parties knowing we are on a “life and death errand” (ibid, p. 75), we engage in this long talk, holding back nothing. The encounter usually turns into a two-way street, with the listener freely telling stories about his own sordid past, a relief for the newcomer, knowing her or she is not nearly as bad a human as they once believed.

The ultimate goal not only reveals some of our good character attributes, all the garbage we have held within can be discarded. Indeed, “the dammed-up emotions of years break out of their confinement, and miraculously vanish as soon as they are exposed. As the pain subsides, a healing tranquility takes its place. . .a feeling of being at one with God and man. . .toward a full and meaningful sobriety (12&12, p. 62).

Welcome to the Welcome Valley Group  
by Russ H.

Monday evening at 7:00 pm, your humble Intergroup Roving Representative attended the “Welcome Valley Group” of Alcoholics Anonymous. Apparently, this is the longest running AA group in Prescott Valley, located at Trinity Church at 3950 Valerie Drive (the lower parking lot room). Well-attended with a diverse mix of age, gender, and time, this Representative discovered a thoughtful and pragmatic meeting which covered the program and history of AA with enthusiasm. Voting for their first Intergroup representative in some time, they were interested in knowing more about what and how the Intergroup and its volunteers are engaged.

Prior to the start of the Serenity Prayer, the chair asked me to introduce myself and my position. Explaining that I represented the Prescott AA Intergroup by attending outlying AA groups to discover the needs of such groups and their members, whether their needs be books, pamphlets, coins or in the case of the welcome Valley Group, a rack for their pamphlets. Of course, I also mentioned the Intergroup picnic (May 17), the Prescott Shoestring Round Up (July 24 – 26), including a call for volunteers, and offered the group a package of pamphlets, meeting schedules, a newcomers packet, and AA event flyers. The group appeared genuinely pleased that our office is interested in helping. Even though this group is not really in an outlying area like Paulden or Seligman, I thought it was important to reach out to this group after one of their members came to the Intergroup office to discover the duties of the Prescott Intergroup.

The meeting, as it progressed, was much like any meeting you might find anywhere, with the opening prayer, AA announcements, the readings from the Big Book and other AA approved literature, the final Lord’s Prayer and a business meeting after. After speaking to a few members, I said my goodbyes and had the feeling of satisfaction, knowing that AA is alive and well in Prescott Valley.

## Richard Peabody

Richard Peabody (1892-1936) was an alcoholic and therapist who wrote the book "The Common Sense of Drinking." Many believe Bill Wilson got ideas from this book when writing the AA text, Alcoholics Anonymous. Peabody, from a family of wealth, grew up in Boston and attended Harvard. In the 1920's he sought help for his alcoholism from the Emmanuel Movement, a pre-AA group that helped alcoholics recover. After he recovered, Peabody opened an office in Boston on Newbury Street and starting helping people with their alcoholism.

"The Common Sense of Drinking" was published in 1930. Both Dr. Bob and Bill Wilson had copies of this book in their libraries. There are phrases Bill has seemed to borrow from Peabody. Peabody uses the expression "ONCE A DRUNKARD ALWAYS A DRUNKARD." (capitalized, p. 71). This phrase is similar to "once an alcoholic, always an alcoholic" (p. 33, Big Book). Also, in "The Common Sense of Drinking" the line "halfway measures are of no avail" appear (p. 85). Bill writes "half measures availed us nothing," (p. 59 Big Book). In chapter three "More about Alcoholism" (p.32 Big Book), Bill tells a story of a thirty-year-old man who gave up drinking to make his fortune. This may have been borrowed from Peabody's book, "Some years ago there lived a man who decided to give up drinking until he could make a million dollars, at which time he intended to drink in moderation. It took him five years of sobriety to make the million; then he began his 'moderate' drinking. In two or three years he lost all his money, and in another three he died of alcoholism (p. 107)."

The Peabody Method of recovery from alcoholism, like the Emmanuel Movement, used a psychological approach. It was a non-spiritual program, first to get the alcoholic to admit a problem, learn to relax and then get a schedule to keep him busy. Peabody went to great lengths to get the alcoholic to surrender. The idea that the alcoholic can never drink again is described in his program. Peabody would ask the patient to discuss their complete history. He would teach some relaxation methods. Peabody wanted the patient to understand the difference between the alcoholic and moderate drinkers. Very important for the pre-AA program of recovery was to get the alcoholic interested in hobbies or similar activities. Moderate exercise with good hygiene was stressed. Peabody also thought it necessary for the person in recovery to have a daily schedule. Many people got and stayed sober using these methods. Peabody is also credited with training many people in treating alcoholics.

Richard Peabody died at the age of 44. In his obituary it stated he died of a heart attack. There is a question if he died sober. Chronic alcoholism was noted to be a contributing factor. There is a copy of "The Common Sense of Drinking" in the AA. General Service Office archives that contain the inscription: "Peabody was known to be the first authority to state, 'once an alcoholic, always an alcoholic,' and he proved it by returning to drinking and dying of alcoholism."

Sources: "The Common Sense of Drinking" by Richard R. Peabody, Wikipedia, and Alcoholics Anonymous.

Article by Dan S. Prescott Valley

### Group Donations

Meeting	April	YTD
11 Step Meditation	43.00	117.00
4 Directions Group		0.00
4th Dimension		0.00
Afterwards Group	104.73	503.45
Alphabet Soup		0.00
Alternatives		0.00
Bridge to Shore	225.00	225.00
Broad Highway		0.00
Carry This Message		0.00
Chino Valley AA	1,500.00	1,500.00
Chino Valley Men's Stag	64.50	175.50
Common Solutions	40.00	90.00
PV Fri Plain Language BB		40.00
First Formation	25.00	100.00
Girly Birds		409.71
Friday Vetrans alpha alpha	127.00	684.00
Higher Power Hour		0.00
Humboldt Men's Stag		0.00
Intergroup	48.00	151.00
Noon BB Discussion	460.60	793.60
Old Shoe (Skull Valley)	120.00	120.00
One Liners		0.00
Park Avenue Group	239.57	794.69
Paulden Meeting Place		0.00
PISR	132.00	132.00
Prescott Group		241.00
Prescott Recovery Center		50.00
Principals Before Personalities Zoom		125.00
PV As Bill Sees It		478.50
PV Diamonds in the Rough	225.00	225.00
PV Friday Night Speaker		0.00
PV Keep it Simple		0.00
PV Lushes t' Ladies		131.60
PV There is a s Solution		0.00
PV No Name		175.00

Meeting	April	YTD
PV Noon Group		363.00
PV Reflections		0.00
PV Roadmap to Recovery		0.00
PV Serenity Seekers		90.00
PV Thurs Men's Book Study		0.00
Rarely Group		0.00
Rebel Ladies With Solutions		0.00
Round Table Meeting		0.00
Safe Harbor Sunday Serenity	15.00	35.00
Saturday Night Live		0.00
Seniors in Sobriety		0.00
Serenity at Sunrise	296.54	1,445.44
Serenity Online	420.00	1,080.00
Serenity Place	20.00	40.00
Serenity Sunday Noon		0.00
Sisters in Sobriety		0.00
Step One Wed Night BS		0.00
Step Stories	100.00	200.00
Sun AM Men's Stag	420.00	1,500.00
Sunday Solutions AA/Alanon		0.00
The Great Fact	150.00	650.00
The Slice of Life		0.00
Thurs Men's Stag	230.00	451.75
Tues Night Book Study		0.00
Tues Night Men 12&12 zoom		0.00
US Vets Group		0.00
Walking Thru Hell		0.00
Wed Night Step Study		0.00
Welcome Valley Group		0.00
Whatever Group		0.00
Women Awakening	38.00	38.00
Working Girls		0.00
Yarnell on the Mountain		182.35
Unknown**		29.00
<b>Total Group Donations</b>	<b>\$ 5,043.94</b>	<b>\$ 13,366.59</b>

<b>AA Birthday Contributions</b>		134.00
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The Birthday Plan is for groups or members who wish to contribute to the Intergroup Office on their sobriety or group anniversary. \$1 per year is suggested but any amount is appreciated. Members may opt to make a donation but remain anonymous and not have their anniversary posted in the newsletter.



AA

# *Spring Picnic*

Join us for a day of fellowship,  
food & fun

**Sunday, May 17th**  
**11:00 AM**

**GRANITE CREEK PARK**  
554 6<sup>th</sup> St., Prescott AZ 86301

Lunch Provided: Chicken,  
Coleslaw And Potato Salad Will  
Be Served

**Please bring a side dish or  
dessert to share**

Speaker @ 12:00 PM

50/50 Raffle

Raffle Baskets

**HOSTED BY THURSDAY NIGHT  
MENS STAG MEETING  
GREEN LANE-PRESCOTT**

You're Invited!

# Founders' Day

2026

A Celebration of Recovery, Fellowship & History

Saturday, June 13th

9:00 AM – 1:00 PM

Canyon Bible Church

6215 Willow Creek Rd · Prescott, AZ

◆ WHAT'S HAPPENING ◆

- ▶ AA History Presentation by Dan S.
- ▶ 70-Panel Walk-Through Historical Timeline
  - ▶ Keynote Speaker
- ▶ Sobriety Countdown & Big Book Signing
- ▶ Raffle Prizes — Themed Baskets from Home Groups

## Lunch After the Speaker!

Smoked Protein Provided · Bring a Side or Dessert to Share

Potluck-style — the more, the merrier!

FREE ADMISSION · ALL ARE WELCOME

7th Tradition Observed · Raffle Tickets Available

Unity · Service · Recovery

Prescott & Cottonwood, Arizona · Yavapai County AA Community

Come celebrate with us — all members and friends of AA are welcome!

**SPONSORSHIP**

**WORKSHOP**

**June 6<sup>th</sup> 1:30-4:30**

**at**

**SAFE HARBOR**

**520 W. Delano Avenue**

**Prescott, AZ 86301**

**Panelists:**

**Diana E., Michael Mc., Paulie N., Mike B. and  
Allison A.**

**Coffee will be served; 7<sup>th</sup> tradition basket will  
be passed.**



**Friday, July 24 through Sunday, July 26  
at the Prescott Rodeo Grounds  
840 Rodeo Dr., Prescott, Az**

**Roundup committee meetings  
are the third Friday of each month at Safe Harbor  
520 W. Delano Ave. Prescott, Arizona  
5:30 PM downstairs**

**For questions or to volunteer for a commitment,  
Call JP at 928-356-8778**

**[shoestringroundup.org](http://shoestringroundup.org)**