



# Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

August 2022

240 S. Montezuma St. # 108 Prescott, AZ 86303 Office hours: Monday thru Friday 10:00 am - 4:00 pm  
Phone: (928) 445-8691 Website: [www.prescottaa.org](http://www.prescottaa.org) Email: [prescottaa@prescottaa.org](mailto:prescottaa@prescottaa.org)

## Humboldt Men's Stag Group - by Dan S.

As your Roving Intergroup Representative, I visit groups within the Prescott Intergroup area, facilitating the information flow about different groups to other groups and individuals. This is done through our Conscious Contact Newsletter, as well as a monthly report given at the Intergroup Committee meeting, held every 2<sup>nd</sup> Wednesday at 5:30 pm, at Safe Harbor.

Recently I visited the Dewey-Humboldt Men's Stag group, a closed meeting, gathering every Thursday 7:30-9:00 pm at the Senior Center, 13000 Prescott St. Before the meeting several group members meet at the Blue Hills Café for fellowship and dinner. This meeting started as a house meeting in August 1991, making it one of the older meetings in the area. It was based on a Hawaiian Big Book meeting where members were serious about recovery but liked to joke around. The meeting got too large for a house meeting and moved to a church in Humboldt and then the senior center where it now resides.

Members have nicknames for each other; they like to shout out those names with love and laughter when the guys introduce themselves. As usual, the leader read the preamble, and members read "How it Works" and the "Traditions." Chips were provided to members with sobriety milestones and newcomers.

The reading for the evening was "We Agnostics," with members taking turns reading. They finished the chapter, followed by a short break.

After reconvening, each person who took a chip was asked to say a few words, plus new guys were asked what brought them to Alcoholics Anonymous. If you are a guy interested in strong recovery, you will have a fun and interesting time at the Dewey-Humboldt Men's Stag group. On another note, the first annual "Hum-Dewey Men's Retreat," September 30-October 2, 2022, held at Powell Springs Campground, near the old town of Cherry. The retreat will start Friday afternoon and continue to Sunday noon. The focus will be on the Twelve Steps, scheduled as follows: Friday evening—introductions and an AA meeting; Saturday—Steps 1-5 in the morning, and the afternoon will cover Steps 6—9; speaker meeting Saturday night, with two 10 minute speakers, and a 40 minute speaker; Sunday covers Steps 10—12. For more information contact any member of this tightly knit group.

**Editor's Note:** I'm grateful to have two guest contributors this month, Dan S., and Alex M.

Please note: writing contributions for the Conscious Contact monthly Newsletter are welcome. Articles must not exceed 500 words, and address a subject given over to recovery/Alcoholics Anonymous. The editor reserves the right to edit content as necessary. Email your article to [PrescottAA@prescottaa.org](mailto:PrescottAA@prescottaa.org), [gregschmutzer@yahoo.com](mailto:gregschmutzer@yahoo.com)

Love and Service,  
Greg S.

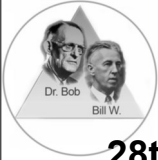
## TRADITIONS CHECKLIST from the AA Grapevine

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

### Practice These Principles...

**Tradition Eight:** Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward - even if not money - for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself?. On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book Twelve Steps and Twelve Traditions? To the pamphlet AA Tradition -- How It Developed?



**28th Annual Payson Roundup**

**“Serenity at the Rim”**

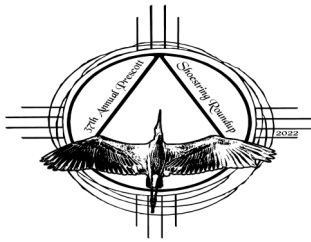
**Friday, Saturday & Sunday**

**August 26, 27, 28 2022**

**Details:**

**www.AApayson.com**

**Serenityundertherim@gmail.com**



**37th ANNUAL**

**PRESCOTT SHOESTRING ROUNDUP**

**Friday, Saturday & Sunday**

**August 26th – 28th, 2022**

**Prescott Resort & Conference Center**

**1500 AZ-69 Prescott, AZ 86301**

**prescottshoestringroundup.org**

**Intergroup Picnic**

**Saturday September 10, 2022**

**Granite Creek Park Ramada**

**554 N. 6th St, Prescott, AZ**

**12:00 pm - 3:00 pm**

**ALL GROUPS!**

**PLEASE REGISTER OR UPDATE  
YOUR GROUP REGISTRATION**

Registration forms can be found at

**prescottaa@prescottaa.org**

# Service Corner

*Look back and be grateful.*

*Look ahead and be hopeful.*

*Look around and be helpful.*

**Service Committee Meetings**

**Prescott Area Intergroup**

**2nd Wednesday of each month at 5:30pm**

**Safe Harbor, 520 W. Delano, lower level**

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**District 14-140 GSR Meeting**

**First Wednesday of each month at 6:30pm**

**Zoom ID: 619 267 7891 - PW: District14**

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**District 14-142 GSR Meeting**

**First Tuesday of each month at 6:30pm**

**Emmanuel Lutheran Church**

**7763 E. Long Look Dr., Prescott Valley**

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**Treatment Facilities Committee**

**Third Wednesday of each month at 7:00pm**

**Methodist Church, 505 W. Gurley, Steed Hall**

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**Prescott Shoestring Roundup Committee**

**In person meetings: July 15, August 19, 5:30 pm**

**Unity Church, 145 S. Arizona Ave**

**Weekly Zoom meetings at 5:30.**

**Interested? Call Greg S. (909) 731-0104 for login info**

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**ASCYPAA XXIX Committee Meeting**

**Every Sunday at 1:30pm**

**Tree House, 635 1st Street, Prescott, AZ**

## Conscious Contact by Alex M.

My alcoholism bounces around my head like a wild tennis match between my ears. “You’re not good enough, nobody will ever love you, what’s the point? The world is evil.” Often, the chatter carries on, and a glooming misery and hopeless depression can set in. I spend so much time shaming myself for my past, then trying to figure out what I can do for my future self to be “liked” by everyone; this futile practice is exhausting.

Fortunately, I don’t always have to be stuck in the torturous nature of my alcoholism; I get an opportunity every moment to become aware and present. A pause and a breath, consciously inhaling through my nose, feeling a welcome chill followed by an exhale through the mouth. “We pause, when agitated or doubtful” (Big Book, p.87). The stories and lies in my head can slow or altogether stop now; I don’t have to be defined by the ridiculous delusion my head tries to convince me as truth. Making conscious contact with something greater than myself, *anything* other than the voice in my head that says “you’re a piece of crap” is the beginning of a new experience, living in the present moment.

A simple but intentional breath helps bring me into just being, and out of my head. I get to experience the truth rather than the delusions of my alcoholism. Next, we “ask for the right thought or action.” (Big Book, p.87).

Something from deep down within quietly and assuredly states, “Take another breath. You don’t need to take any action right now, pick up the phone and call someone, what can you do right now to be amended?”

There is a real alternative to the suffering of my alcoholism as long as I am willing to make a conscious decision to do something different. Sometimes it seems as if the world is ending and other times I am in heaven. I get to experience, hate, joy, and appreciate the precious moments of life today, right now.

# Prescott Area Intergroup's, Inc.

## July Financial Statement 2022

Prescott Area Intergroup, Inc.

Balance Sheet  
As of July 31, 2022

	Total
<b>ASSETS</b>	
Current Assets	
Bank Accounts	
Business Adv Fundamentals - 3018	4,865.56
Business Connect Checking (8611)	2,799.55
Business Money Market (5975)	20,000.87
Cash on Hand	43.60
Total Bank Accounts	\$27,709.58
Other Current Assets	
Inventory	4,093.05
Prepaid expenses	643.52
Total Other Current Assets	\$ 4,736.57
Total Current Assets	\$32,446.15
Fixed Assets	
Furniture & fixtures	10,000.00
Total Fixed Assets	\$10,000.00
<b>TOTAL ASSETS</b>	<b>\$42,446.15</b>
<b>LIABILITIES AND EQUITY</b>	
Liabilities	
Payroll Liabilities	
AZ Income Tax	30.78
Federal Taxes (941/943/944)	382.77
Total Payroll Liabilities	\$ 413.55
Total Other Current Liabilities	\$ 413.55
Total Current Liabilities	\$ 413.55
Total Liabilities	\$ 413.55
Equity	
Opening balance equity	45,141.89
Retained Earnings	
Net Revenue	(3,109.29)
Total Equity	\$42,032.60
<b>TOTAL LIABILITIES AND EQUITY</b>	<b>\$42,446.15</b>



Prescott Area Intergroup, Inc.

Income Statement  
July 2022

Revenue	
Contributed income	
Group Donations	1,736.93
Other Income	237.00
Total Contributed income	\$ 1,973.93
Investment income	1.61
Sales of Product Income	1,513.15
Total Revenue	\$ 3,488.69
Cost of Goods Sold	
Literature & Chips	881.25
Total Cost of Goods Sold	\$ 881.25
Gross Profit	\$ 2,607.44
Expenditures	
Contract & professional fees	600.00
Legal fees	1,898.76
Total Contract & professional fees	\$ 2,498.76
Insurance	
Liability insurance	8.63
Total Insurance	\$ 8.63
Occupancy	
Rent	809.56
Total Occupancy	\$ 809.56
Office expenses	
Internet & TV services	72.24
Telephone	79.00
Total Internet & TV services	\$ 151.24
Memberships & subscriptions	76.35
Office supplies	142.43
Printing & photocopying	28.26
Software & apps	52.53
Total Office expenses	\$ 450.81
PayPal Fees	12.01
Payroll expenses	
Taxes	87.21
Wages	1,824.00
Workers' compensation insurance	25.75
Total Payroll expenses	\$ 1,936.96
Total Expenditures	\$ 5,716.73
Net Operating Revenue	\$ (3,109.29)
Net Revenue	\$ (3,109.29)

Prescott Area Intergroup, Inc.

website has been updated

Visit us at [prescottaa.org](http://prescottaa.org)

# Prescott Area Intergroup, Inc.

## Group Donations

Jan 1, 2022 - July 31, 2022

11 Step Meditation	211.00	PV Keep it Simple	44.00
4 Directions Group	200.00	PV Lushes t' Ladies	329.50
4th Dimension	150.00	PV There is a s Solution	33.00
Afterwards Group	2,067.00	PV Men's Big Book	700.00
Alphabet Soup	268.55	PV No Name Group	101.00
Alternatives	100.00	PV Noon Group	662.50
ASCYPAA	0.00	PV Reflections	55.50
AZ AA Womens Conference	300.00	PV Roadmap to Recovery	178.00
Bradshaw Seniors Meeting	130.00	PV Serenity Seekers	100.00
Broad Highway	657.63	PV There is a s Solution	53.25
Camp Verde Group	0.00	PV Wed Step Study	101.60
Carry This Message	509.00	Rarely Group	1,046.55
Chino Valley AA	915.00	Round Table Meeting	794.00
Concepts Study Group	0.00	Seniors in Sobriety	203.00
District 14-140	0.00	Serenity at Sunrise	843.00
Elements	0.00	Serenity Online	1,687.32
First Light Group	0.00	Serenity Sisters	156.00
Girlie Birds	748.82	Sisters in Sobriety	81.00
Humboldt Men's Stag	644.00	Step Stories	227.00
Noon BB Discussion	1,164.00	Sun AM Men's Stag	1,500.00
Old Shoe (Skull Valley)	230.00	The Great Fact	716.42
Park Avenue Group	633.75	The Slice of Life	381.00
Primary Purpose Group	40.00	Thurs Men's Stag	120.00
PV As Bill Sees It	200.00	Tues Night Men's 12x12	100.00
PV Diamonds in the Rough	50.00	Women Awakening	501.20
PV Friday Night Speaker	798.00	Women's Gratitude Luncheon	2,150.00
		<b>TOTAL DONATIONS</b>	<u>22,881.59</u>

### Concept Eight:

“The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.”