

# Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai

August 2023

240 S. Montezuma St. # 108 Prescott, AZ 86303 Office hours: Monday thru Friday 10:00 am - 4:00 pm  
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## STEP EIGHT

More than Making a List

By Greg S.

Step Eight is, first and foremost, the necessary precursor to Step Nine, making the list of all persons we have harmed (unveiled in Steps Four and Five), and preparing ourselves to go out into the world, and make these amends. Not only do we need to have a definitive list of the people we intend to visit, we must also prepare ourselves accordingly (with God's help) for effective action in Nine. The actual success of Step Nine is dependent on thoughtful preparation done in Eight, subjecting "ourselves to a drastic self-appraisal" (Big Book, p. 76).

What I am fundamentally trying to do is to become better at my relationships with my fellows. Steps Four and Five revealed that my core problem, indeed one of the reasons I *became* an alcoholic, is due to my "defective relations with other human beings" (12&12, p. 80), this "total inability to form a true partnership with another human being" (ibid, p. 53). Fortunately, applying the previous seven steps has provided a new awareness, which has led to developing "the best possible relations with every human being [I] know" (12&12, p.77).

Bill calls this undertaking "a very large order" (p. 77), indeed a beautiful understatement. With the willingness I learned in Step Three, applied here, I now can learn "how to live in the greatest peace, partnership, and brotherhood with all men and women . . . a moving and fascinating adventure" (p.77). What I really enjoy is how Step Eight radically evolved from two instructive sentences in the Big Book, to positing the experience gained in the Twelve and Twelve, advising a relevant and hopeful method for living well with my fellows, provided I first really make an unsparing survey of my past conduct as it affected those around me.

The necessity for a careful Eighth Step review also avoids falling into the familiar pitfalls of defiance and grandiosity ("why do we have to think of these people at all?" . . . "when drinking we never hurt anybody but ourselves" p. 79). Moreover, an exhaustive and unsparing survey also reveals that "though the harm done others has not been great, the emotional harm we have done ourselves has . . . deep . . . forgotten . . . damaging emotional conflicts per-

sist below the level of consciousness, altering our lives for the worse" (pp. 79-80). This hard-hitting statement has helped me to recognize the past hurts that have shaped (and sometimes con-

Editor's Note: Welcome to the August 2023 edition of the Conscious Contact Newsletter!

This month I'm asking readers to please submit stories that pertain to this year's 38th Annual [Prescott Intergroup Shoe-string Roundup!](#) (As always, other articles are always welcome ☺). We ask that if you have an article for submission, please keep it under 500 words. Submit your contributing article to the following email addresses: [mikes\\_prescott@yahoo.com](mailto:mikes_prescott@yahoo.com) & [prescottaa@prescottaa.org](mailto:prescottaa@prescottaa.org) - Thanks, Mike 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.

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

1. Does my own behavior accurately mirror 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. Do I know where my local meeting directory comes from?
7. In my own AA life, have I had any experiences which illustrate the wisdom of this Tradition?
8. Have I read the book *Twelve Steps and Twelve Traditions*? How about the pamphlet "A.A. Tradition—How It Developed".
9. Can my group rely on me to fulfill my service responsibilities without someone checking on me?

## NEW MEETING

Just in! A New Open AA Meeting started up Wednesday, 7/26. It is a **kayak** meditation meeting.

Organizer says: "We'll launch from the main ramp at Watson Lake, paddle out, tie up in a circle (if possible, lol), do a 15 min. silent meditation while drifting as a group, then take turns sharing after that."

Arrive at the Lake by 6:00pm with a launch time of 6:15pm. The meeting will start when we're all tied together (6:30 ish). There will be no specific ending time so everyone who wants to share, *can share*.



### **Thank you Intergroup Office Volunteers!**

Beth B.	Kelly M.
Dan S.	Kim A.
Deborah F.	Mary M.
J.J.	Michael A.
John T.	Paul S.

# 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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### PRESCYPAA Committee Meeting

**2nd and 4th Sundays of the month at 1:30pm**

**Treehouse, 635 1st Street, Prescott**

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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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**What is the AA definition of service?**

Service is an essential way to maintain quality, continuous sobriety. Service means getting involved in A.A. functions, directly carrying the A.A. message, or helping others to carry it. "Practical experience shows that nothing will so much insure immunity from drink as intensive work with other alcoholics. (Big Book, p. 89)

## STEP EIGHT

“Made a list of all persons we had [harmed and](#) became willing to make amends to them all.” After we have done our Seventh Step asking God to remove our defects, we are at a point where we need action to clean up the past. *Step Eight involves making a list of people about whom we had resentments, harmed, or had an uneasy feeling.*

We start with the persons from our grudge list in *Step 4; (resentments)* because we will feel guilt for the harm we have done. Also any person we think we might owe an amends to, we put on the list. If not sure if a person should be on the list, I say put them on the list. We usually review this list with our sponsor. We will not have to contact everybody on the list.

Some, including myself, found it difficult to reach out to people from the past. Fear, guilt, shame and remorse overwhelmed me. Earlier we agreed to go to any lengths to get sober. I, for one, did not want to hear that. It is said that if we do not have the willingness to reach out to the people from our past, we pray for the willingness.

Our real purpose of making amends it to “fit ourselves to be of maximum service to God, and the people about us (Big Book, Pg. 77).” With many people, we do not mention the spiritual aspect of our action. Some, like me, would only be prejudice when speaking of *God*. We only want to speak of our wrong and ask what we can do to atone for our past behavior.

Many in AA would advise that we contact our sponsor with the list we just compiled. We go over each person and why (or why not) we should make amends to the person. As a sponsor, I leave the decision up the sponsee if they should be kept on the list. Some people should not be contacted. If we would bring them more harm or harm to others, we should consider not reaching out to them. We never criticize anyone. It is all about what **we** have done to them, not what we feel they have done to **us**.

After reviewing our list with another alcoholic, we need to take **action**. There are many on the list that we never want to face. Those we wait. Let’s start with the ones we want to make amends to the most. These may be close family members, employers, or spouses. Next, we reach out to those we are uneasy about contacting. We save the ones we *now say* we will never make amends to, or we fear. Hopefully, after we start this, we begin to get positive results - the more difficult amends seem easier.

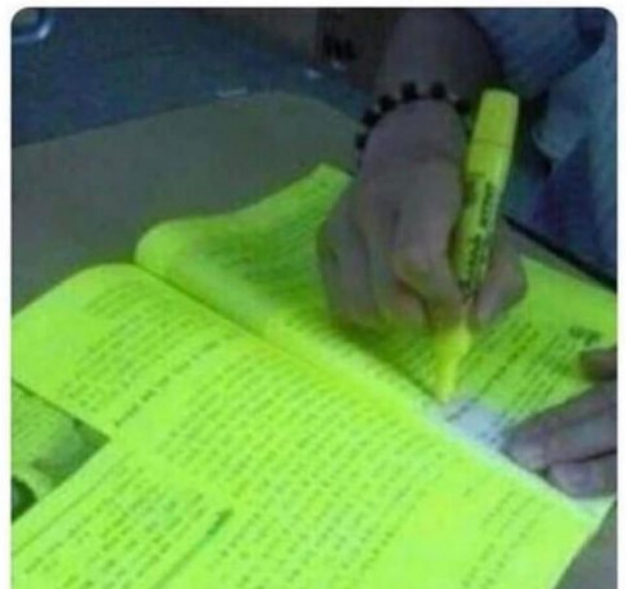
We continually hear of the success of AA speakers in making amends. Trust God. *He* is our guide. To quote Bill W. on *Step Eight:*

*“It is the beginning of the end of isolation from our fellows and from God.”*

(Big Book, Pg. 77)

Article submitted by Dan S. Prescott Valley,  
AZ

When your sponsor has you highlight the similarities in the Big Book when you insist you’re different.



Prescott Area Intergroup, Inc.  
Balance Sheet  
as of July 31, 2023

Prescott Area Intergroup, Inc.  
Income Statement  
as of July 31, 2023

**ASSETS**

<b>Current Assets</b>	
<b>Bank Accounts</b>	
Business Connect Checking	10,667.01
Business Money Market	10,527.47
Cash on Hand	50.00
<b>Total Bank Accounts</b>	<b>\$ 21,244.48</b>
<b>Other Current Assets</b>	
Inventory	10,977.42
Payroll Refunds	174.76
Prepaid expenses	818.49
<b>Total Other Current Assets</b>	<b>\$ 11,970.67</b>
<b>Total Current Assets</b>	<b>\$ 33,215.15</b>
<b>Fixed Assets</b>	
Furniture & fixtures	10,847.49
<b>Total Fixed Assets</b>	<b>\$ 10,847.49</b>
<b>Other Assets</b>	
Security deposits	9,500.79
<b>Total Other Assets</b>	<b>\$ 9,500.79</b>
<b>TOTAL ASSETS</b>	<b>\$ 53,563.43</b>
<b>LIABILITIES AND EQUITY</b>	
<b>Liabilities</b>	
<b>Current Liabilities</b>	
Deferred Revenue	4,070.00
Direct Deposit Payable	0.00
<b>Payroll Liabilities</b>	
AZ Income Tax	242.59
AZ Unemployment Tax	0.00
Federal Taxes (941/943/944)	169.24
<b>Total Current Liabilities</b>	<b>\$ 4,481.83</b>
<b>Total Liabilities</b>	<b>\$ 4,481.83</b>
<b>Equity</b>	
Opening balance equity	45,141.89
Retained Earnings	1,176.63
Net Revenue	2,763.08
<b>Total Equity</b>	<b>\$ 49,081.60</b>
<b>TOTAL LIABILITIES AND EQUITY</b>	<b>\$ 53,563.43</b>

**Revenue**

<b>Contributed income</b>		0.00
Birthday		127.00
Event Income		930.68
Gratitude Month		187.00
Group Contributions	3,744.09	19,666.62
Personal Contributions	6.50	1,001.00
<b>Total Contributed income</b>	<b>\$3,750.59</b>	<b>\$21,912.30</b>
Investment income	5.79	22.28
Sales of Product Income	1,705.46	9,401.27
<b>Total Revenue</b>	<b>\$5,461.84</b>	<b>\$31,335.85</b>
<b>Cost of Goods Sold</b>		
Event Expense		830.68
Literature & Chips	1,218.81	5,534.90
<b>Total Cost of Goods Sold</b>	<b>\$1,218.81</b>	<b>\$ 6,365.58</b>
<b>Gross Profit</b>	<b>\$4,243.03</b>	<b>\$24,970.27</b>
<b>Expenditures</b>		
Rent	522.41	3,736.27
Utilities	280.30	1,962.70
Bank Fees	0.95	8.64
Internet	72.24	505.68
Telephone	78.30	559.72
Office supplies	10.27	1,057.60
Software & apps	187.44	535.26
PayPal Fees		15.69
Payroll Taxes	84.62	966.10
Wages	1,106.00	11,846.50
Workers' comp ins	16.00	170.50
Square Fees	57.91	93.05
<b>Total Expenditures</b>	<b>\$2,490.44</b>	<b>\$22,207.19</b>
<b>Net Operating Revenue</b>	<b>\$1,752.59</b>	<b>\$ 2,763.08</b>
<b>Net Revenue</b>	<b>\$1,752.59</b>	<b>\$ 2,763.08</b>

**Participate in the Intergroup Birthday Plan**

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.



**Prescott Area Intergroup, Inc.**  
**Contributions**

Meeting	July	YTD	Meeting	July	YTD
11 Step Meditation	100.00	230.00	PV No Name Group		0.00
4 Directions Group		300.00	PV Noon Group	432.30	1,745.10
4th Dimension		0.00	PV Reflections		64.00
AA Birthday Gratitude		0.00	PV Roadmap to Recovery		0.00
Afterwards Group	225.00	1,421.00	PV Serenity Seekers	15.00	15.00
Alphabet Soup		0.00	PV Wed Step Study		0.00
Alternatives		0.00	Rarely Group	144.33	406.64
ANONYMOUS/Per Don		1,189.00	Rebel Ladies With Solutions		0.00
Bridge to Shore	420.00	420.00	Round Table Meeting		905.00
Broad Highway	100.00	357.05	Saturday Night Live		205.00
Carry This Message		0.00	Seniors in Sobriety		0.00
Chino Valley AA	973.00	1,492.00	Serenity at Sunrise		732.00
Common Solutions		0.00	Serenity Online		2,464.62
Dist 14-142	34.00	34.00	Serenity Sisters		0.00
Girlie Birds	250.00	1,050.00	Serenity Sunday Noon		20.00
Humboldt Men's Stag		142.00	Sisters in Sobriety		27.00
Intergroup	51.00	183.00	Step One Wed Night BS		0.00
Noon BB Discussion		378.00	Step Stories		50.00
Old Shoe (Skull Valley)	140.00	265.00	Sun AM Men's Stag	480.00	2,950.00
Park Avenue Group	82.20	583.46	The Great Fact		750.00
Paulden Meeting Place		0.00	The Slice of Life		0.00
Picnic/Alcathon/Bingo		0.00	Thurs Men's Stag		0.00
Prescott Group		200.00	Tues Night Men's 12x12		0.00
Primary Purpose Group		0.00	Walking Thru Hell		40.00
PV As Bill Sees It		247.00	Wed Night Step Study		27.60
PV Diamonds Rough		0.00	Welcome Valley Group		280.00
PV Friday Night Speaker	297.26	1,097.26	Whatever Group		125.00
PV Keep it Simple		244.39	Women Awakening		0.00
PV Lushes t' Ladies		104.00	Women's Grati Luncheon		0.00
PV There is a s Solution		0.00	Prescott Young People		38.50
PV Men's Big Book		0.00	<b>TOTAL DONATIONS</b>	<b>\$3,744.09</b>	<b>\$ 20,782.62</b>

**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.”**