

Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County
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Office Hours Mon - Fri: 10am-4pm Sat: 10am-2pm

AUGUST 2026

- INSIDE
- Intergroup News
- John E. – The Midnight Move of the Intergroup Office
 - Carl Z.- Cowboy Goulash
- Russ H. - Roving Article – Sober Studies Group
 - Dan S.: The 8th Step, Tradition, and Concep
 - Greg S. – Step Eight

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 EIGHT: Made a list of all persons we had harmed, and became willing to make amends to them all.

TRADITION EIGHT: AA should remain forever nonprofessional, but our service centers may employ special people.

CONCEPT EIGHT: Please read the attached page for an overview of Concept Eight.

Intergroup News

The recent Shoestring Roundup was a success. Attendance was up. Enthusiasm and the opportunity to participate in fellowship was strong. Huge shoutout to JP, McCarthy and the entire Committee for the good work in putting #41 together. Well done to the groups, volunteers, speakers, meeting leaders, vendors, and all who gave of themselves. It was hot for sure but, overall, our first year at the Rodeo grounds worked. There is a summary meeting at 5:30 PM at Safe Harbor, Friday August 7th to process the event and set the stage for next year. Please attend if you would like to join the team. Thank You!

The Midnight Move of the Intergroup Office.

By John E.

I first got sober in 1984. At that time, I had an office in downtown Prescott at 110 East Gurley Street. After a brief relapse in 1985, I have remained sober since that time. I have lived in Prescott my entire sobriety. I had suffered hundreds of horrible hangovers in that downtown office, and made a phone call from there to the man who had been 12th stepping me. I spent my 1st year of sobriety in that office piecing my life back together. A few months after getting sober for the last time in the Fall of 1985, I got another job and closed the 110 Gurley St. Office.

When I got sober there was an Alano Club at 122 S. Granite. It was in the front of the building which now houses the Wild Iris Coffeeshop. The Alano Club was a private club that rented the space, and then rented space to AA groups for meetings. The club was run by a small number of retired sober alcoholics. The Intergroup Office was located in a small office off the main meeting room of the club. The old guys who ran the club also ran the Intergroup Office.

There were a number of people in the AA community who felt this group of “elders” acted as if they owned both the club and Intergroup. Many people also thought that having the Office in a private club confused the separation of AA from a private entity. Apparently, the “elders” running both the club and Intergroup were reluctant to let go of control. (What an odd concept for alcoholics!).

In 1986 A group of AA members decided to stage a coup. They rented space at 110 E. Gurley, Suite B, the office I had just vacated a few months before. Then one night they went into the office at the club, took all the Intergroup property, took it to the Gurley office address, reopened the Intergroup there, and named new officers. I don't know the reaction of the old officers, but Intergroup went on at that address for more than 10 years until it moved to its current location at 240 S. Montezuma in 1998.

Cowboy Goulash

By Carl Z.

Please see the attached recipe at the end of the newsletter. This dish was a big hit at the recent Shoestring Roundup.

“I have to throw out a disclaimer before I give out this recipe. GOULASH is an old Eastern European dish, most famously from Hungary. Hungarian Goulash looks and taste nothing like Cowboy Goulash. For a real treat someday Google - HUNGARIAN GOULASH. Try it, it is a culinary experience you don't want to miss. It will take a little more time, but it's worth it. AND, whenever a recipe calls for Hungarian Paprika, ALWAYS USE IT! Big difference between that and regular Paprika. Be careful not to burn it.”

“Thanks for letting me cook for all you guys. I was fun watching some of you taste some things you never heard of. A lot of those dishes were from my friend's mothers or grandmothers in the old neighborhood back home.”

Sober Studies AA Meeting By Russ H.

Located at 318 W. Perkinsville Road in Chino Valley, the “Sober Studies” open, participation group meets on Wednesdays at 10:30AM. I found the meeting to be both relaxing and spontaneous. The five members attending the meeting had various lengths of sobriety and were warm and friendly. Identifying myself as the Prescott AA Intergroup Representative, I participated in what turned out to be a reading (this week) from “As Bill Sees It,” pages 130 and 131. The format was very relaxed with members sharing spontaneously about a variety of firsthand experiences in their recovery journey.

As one member shared about doing a spot check inventory, this reminded of what the Big Book says about the 10th Step: “Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code” (Big Book, p. 84).

These four directions show me and other AA members what to do, how to do it, and when to apply the 10th Step whenever something pulls me away from love and tolerance due to a person, place, or situation. The 10th Step focuses on what is happening in my life today, unlike the 4th Step, which deals with the past. The Big Book also encourages us to begin practicing the 10th Step while we are “cleaning up the past” (Big Book, p. 84). Another member talked about trying “fake beer,” which reminded me that Dr. Paul O., the author of the story “Acceptance Was the Answer” in the Big Book about acceptance being “the answer to *all* [our] problems” (Big Book, p.417), once said that he also tried “non-alcoholic” beer. He further mentioned that his bladder capacity for fake beer was no better than it was for real beer; however, he reported that his aim had improved tremendously.

The next time you are in Chino Valley midweek, stop in and attend the “Sober Studies” AA meeting; you are sure to have a wonderful experience!

THE 8th STEP, TRADITION AND CONCEPT

Step Eight says, “Made a list of all persons we had harmed and became willing to make amends to them all.” We start by looking at our resentment list of people from our Fourth Step inventory. I put them all on the list and thought about people I did not necessarily have a resentment toward, but who I might need to make amends to. If in doubt I put them on the list. With this list I took it to my sponsor and went over the list. After discussion with my sponsor, some people were taken off the list. The reason for removing others from the list would be that I could cause more harm by making amends than leaving well enough alone. Also, there are some I do not need to make amends to. It is especially important to discuss with our sponsor any amends to be made to people we had romantic relationships with. Some others we do not want to meet with and discuss our wrongdoings. We may do these later; after some successful amends we become more confident in our approach.

Tradition Eight says, “Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.” We do this deal for fun and free . . . we never get paid for sponsoring or step work. People can get paid for doing work in AA for non-step work such as running an Intergroup office or doing janitorial work at an AA facility. Some people get paid for full-time work at the General Service Office in New York for doing professional work that allows the rest of the Fellowship to do Twelfth Step work. We have people working full time to allow us to do correction work or setting up alcoholic inmates to receive letters from experienced AA members. We pay people to send literature to other AA members. The only people I know who get paid in Arizona are the people doing office managing and bookkeeping in Intergroup offices. Alcoholics who have paid jobs in AA should be paid what a similar job would be paid in any commercial enterprise. There is a fine line that the AA members must follow in working in a Treatment center. They should recognize that what they learned in AA should be presented in a more clinical way than the way we sponsor people. I am not sure, but I think some AA members cross this line of being paid to do Twelfth Step work.

Concept Eight says: “The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated constantly active services, exercising this through their ability to elect all directors of these services.” Basically, this means the trustees of the General Service Board have the power to direct the services of the General Service Office. Since they have the power over the finances the board cannot take any action that the trustees do not approve of. They give general directions to the offices of the GSO, who are concerned with the day-to-day operations.

Dan S. Prescott Valley, Arizona.....member of Alcoholics Anonymous

Step Eight—More than Making a List by Greg S.

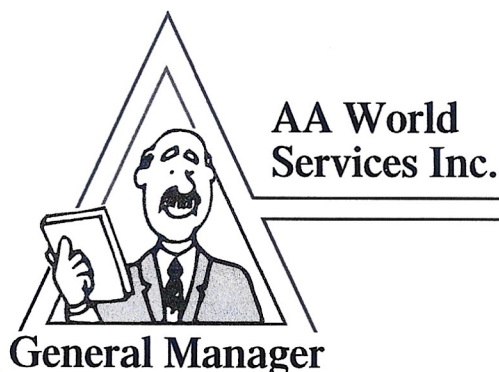
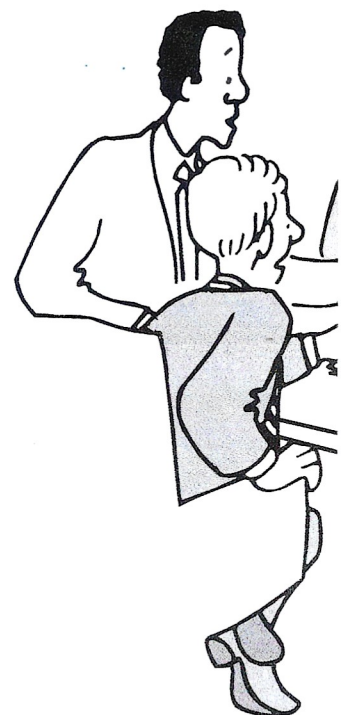
The Big Book is quite concise in the directions for taking step Eight: “We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal” (Big Book, p. 76). It is true that in preparation for taking Step Nine, Step Eight is fundamentally about getting a comprehensive list together of all people we need to make amends to. But after some time practicing these steps, it became clearer that a careful self-appraisal in Eight will be crucial to a successful Ninth Step.

Steps Eight and Nine are concerned with repairing and hopefully improving our relationships with our friends and family. As we clear away the “debris of the past, we consider how, with our newfound knowledge of ourselves, we may develop the best possible relations with every human being we know” (12&12, p.77). Fruit of the new character we are forging is learning to become skilled at developing meaningful relationships with our fellows. After all, in Step Four we learned, to our consternation, that we are terrible at relationships: “The primary fact we fail to recognize is our total inability to form a true relationship with another human being” (Ibid, p.53). Ouch. Further, although we shouldn’t avoid looking at the wrongs we have done others (although we want to), it’s easy to focus on another’s “misbehavior as the perfect excuse for minimizing or forgetting our own. . . here we need to fetch ourselves up sharply . . . let’s remember that alcoholics are not the only ones bedeviled by sick emotions” (Ibid, p.78). It is somewhat reassuring to learn we alcoholics don’t have the corner in the bad behavior department. Even though we’d rather not re-hash these old (Fourth Step) wounds, our attitude can “only be changed by a deep and honest search of our motives and actions” (Ibid, p. 79).

Why all this insistence on careful introspection and thoroughness? The new opportunity for changed/improved relationships, and freedom from this devastating disease. Bill tells us one of the main reasons we became alcoholics: “Since defective relations with other human beings have nearly always been the immediate cause of our woes, including our alcoholism, no field of investigation could yield more satisfying and valuable rewards than this one” (Ibid p.80). This is a hard but true fact of our lives; we don’t know how to get along with people and we almost drowned in a sea of alcohol, but we are now open and willing to learn how, with our new character, to foster the best relations we can with our brothers and sisters. Clarity in preparing for a solid Ninth Step comes from “a quiet, objective view. . .” which will, ultimately result in the beginning of the end of isolation from our fellows and from God” (Ibid, p.82). Thoroughness (and a complete list) always pays off handsomely; if we do the work, we get the reward!

Concept VIII

The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of overall policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.



General Manager



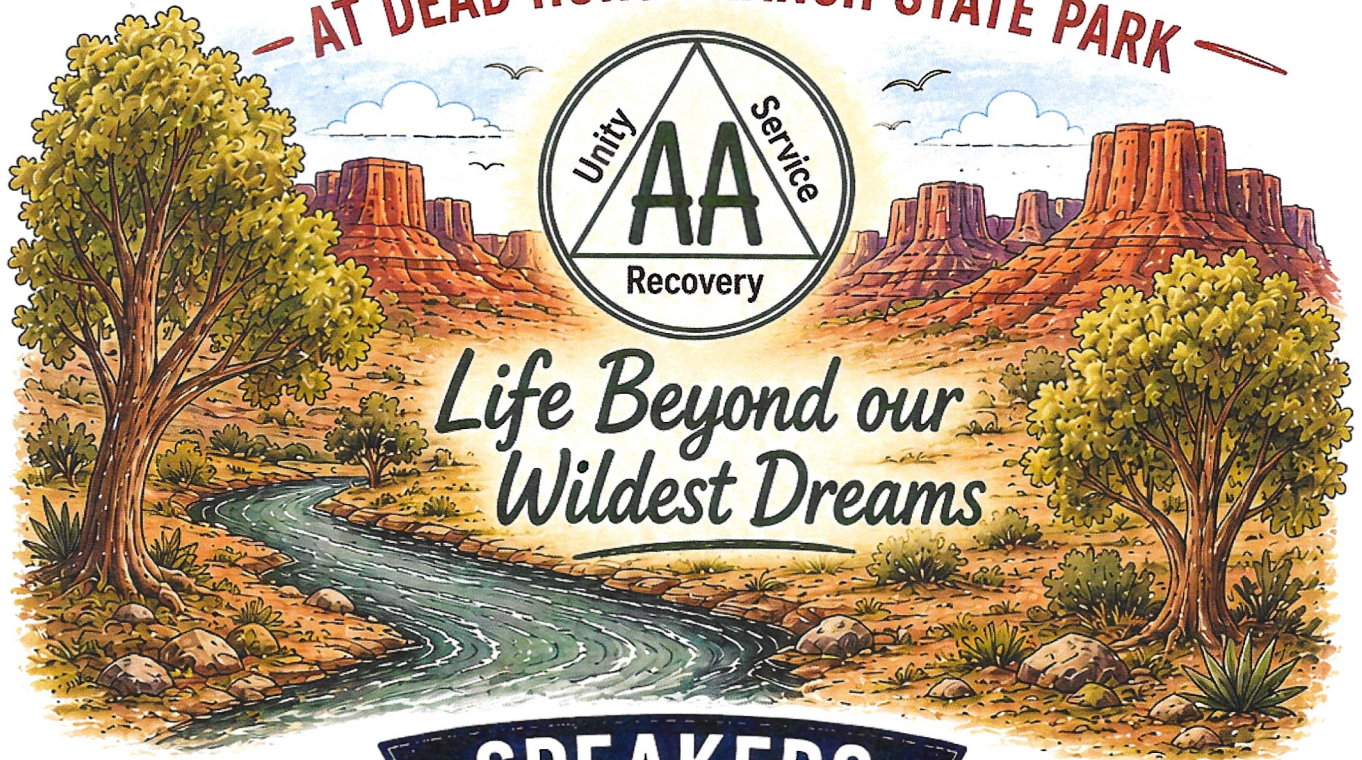
This Concept deals with the ways the General Service Board “discharges its heavy obligations,” and its relationship with its two subsidiary corporations: A.A. World Services, Inc. and AA Grapevine, Inc.

Long experience has proven that the board “must devote itself almost exclusively to the larger questions of policy, finance, group relations and leadership. . . . In these matters, it must act with great care and skill to *plan, manage and execute.*”

The board, therefore, must not be distracted or burdened with the details or the endless questions which arise daily in the routine operation of the General Service Office or the publishing operations, including Grapevine. “It must *delegate* its executive function” to its subsidiary, operating boards.

Verde Valley Roundup 2026

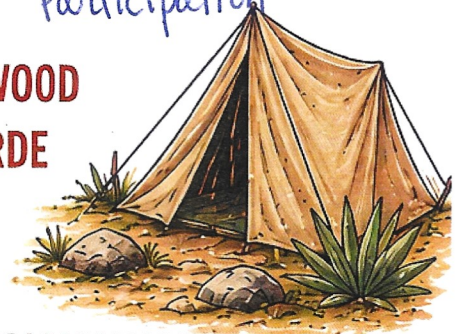
— AT DEAD HORSE RANCH STATE PARK —



★ SPEAKERS ★

- ☜ JOE C - SAN DIEGO
- ☜ BARBARA D - COTTONWOOD
- ☜ ANDREW N - CAMP VERDE
- ☜ MIKE A - TENNESSEE
- ☜ BEKI P - TEXAS

Alanon
Participation



OCTOBER 23-25, 2026

★
BRING YOUR OWN CHAIR!

VerdeValleyRoundUp.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

32ND ANNUAL PAYSON ROUNDUP



SERENITY AT THE RIM

Friday, August 21 • Saturday, August 22 • Sunday, August 23

Unity ♦ Service ♦ Recovery

2026



MERCHANDISE RAFFLE, 50/50 & BAKED GOODS AUCTION

Don't miss out!
Hundreds of \$\$ worth of prizes, home baked
food, & goodies!

PETS ARE WELCOME

Please leash and pick up after your pet.
(Forest service will fine for unleashed pets.)

VOLUNTEERS NEEDED FOR CLEANUP!!

SCHEDULE OF EVENTS

FRIDAY AUGUST 22 ST

Noon Registration opens 21
6:00 pm Potluck Dinner (bring a dish)
7:00 pm AA speaker – Brent Owens, Prescott Valley, AZ

SATURDAY AUGUST 22 ND

8:00 am Registration Re-Opens
10:00 am AA speaker – Charles Kemp, Payson, AZ
11:30 am Hot Dog or Hamburger Lunch
1:00 pm Al-Anon speaker – Martha Bevis, LA, CA
3:30 pm Baked Goods Auction
4:00 pm BBQ Dinner
5:30 pm Raffle & 50/50
7:00 pm AA speaker – Elizabeth Martin, Chandler, AZ

SUNDAY AUGUST 23 RD

8:00 am Registration Re-Opens
7:00 am Breakfast
9:00 am Sobriety Countdown
10:00 am AA speaker – Eric Marshall, Scottsdale, AZ

The Roundup will end at approximately noon.

OPEN CAMPING

Lots of space for RV (dry) and Tent camping
No Reservation Needed

Bring Plenty of Water

Fires okay with suitable precautions
(Subject to Forest Service confirmation)

**REMEMBER IF YOU PACK IT IN THEN
PLEASE PACK IT OUT**



Print

Cowboy Goulash

★★★★★

Cowboy Goulash is my twist on a the traditional goulash recipe. This version features lots of Tex-Mex flavors with just a enough spice to give it a kick. If you're looking for an easy comfort food that with a lot of flavor this recipe is for you.

Course	Main Course
Cuisine	Tex-Mex
Prep Time	20 minutes
Cook Time	40 minutes
Total Time	1 hour
Servings	8 servings
Susanne	Susanne Eagan

Ingredients

- 1 lb. ground round — *1/2 Pork 1/2 Beef*
- 1 16 oz box of elbow pasta
- 1 green bell pepper diced
- 1 cup onion diced *also 1 cup diced celery*
- 3 cloves garlic minced
- 1 jalapeno pepper minced
- 1 can petite diced tomatoes
- 1 can of Ro-tel
- 1 can Whole Kernel Corn drained and rinsed *- optional*
- 1 teaspoon chili powder more to taste
- 1 tablespoon Worcestershire Sauce
- Salt and Pepper to taste

*OR 20%
Beans w/ skin
or instead of
pork*

*for added
flavor
Boil 400
macaroni
in Beef
Broth. You
can also
Boil it.*

Instructions

1. Prepare pasta according to package directions in a large pot or Dutch oven.
2. Dutch oven.
3. Cook onions, peppers, and garlic in a large skillet over medium high
4. heat until onions are transparent and tender.
5. Add in ground round or beef to skillet and cook until browned
6. Add chili powder and Worcestershire sauce to beef and stir
7. Drain noodles and return to large pot.
8. Add browned beef and vegetables to noodles
9. Add in cans of tomatoes, and corn pot stir to combine
10. Simmer on low for 20-25 minutes to allow flavors to mix together.