

Verde Valley Buzz

Official Newsletter of the Central Mountain Intergroup

Serving the entire Verde Valley and Northern Arizona

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928-646-9428 - www.centralmountain.org - Open weekdays noon to 4



July 2020

Step 7: Humbly asked Him to remove our shortcomings.

Tradition 7: Every A.A. group ought to be fully self-supporting, declining outside contributions.

Concept 7: The Charter and By-laws 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.

Step Seven

“Humbly asked Him to remove our shortcomings.” Least amount of letters of any of the Twelve Steps...37. Only two paragraphs in the Big Book cover both Steps Six AND Seven. Although it took me a while, I found out that there was a lot more to this Step than I originally thought.

In my Fourth and Fifth Steps I saw a lot of my bad behavior, bad habits, character defects, shortcomings, or whatever else you want to call them, in my relationships with other people, such as self-centeredness, thievery, procrastination, dishonesty, etc. etc. No wonder I had no friends or family at the end. I was not proud of these “defects”. I had a desire to change. It was suggested that I should change my social behavior if I wanted to remain sober and improve the quality of my life. “Nothing changes if nothing changes.”

Enter Step Seven. I did Steps Six and Seven just as they are laid out in the Big Book. I did my Fifth Step with my sponsor, went home, contemplated my character flaws, humbly asked God to remove them, and then said Seventh Step prayer. I meant it. I wanted to be a more considerate human being. I wanted to change.

Some of these “shortcomings” left me early on, others took a while. But I was very aware of them, and when they would pop up my New-Found Friend would tap me on the shoulder and quietly whisper something like, “better think this through Mike.”

Over the course of time a lot of the undesirable shortcomings got better or disappeared altogether. My relationships with my fellow humans became better and life became easier. People were no longer jerks. When I was fourteen years sober I got married. Again. This was my first go at it as a sober man. It was different. A whole new set of “defects of character” started to surface. Back to Step Seven. My “New-Found Friend” started tapping me on my shoulder and whispering at me again. My blushing bride and myself have now been in double harness for over ten years and we don’t fight. Thanks to these Steps (especially Step Seven) my wife hasn’t become jerk number three.

This Step was also very important when I was doing my Ninth Step amends. Without acknowledging my “personality defects” and how they affected relationships, and having an honest desire to change that behavior, My amends would have been one more hollow...“I’m sooo sorry” that many of them had heard before.

When I was newly sober and going through the Steps, I looked ahead in the book and said to myself, “Wow, Steps Six and Seven are easy. I can knock out three Steps (5,6 & 7) in one day!!” Today I know how important Step Seven was then and is now. Good sponsorship will stress this point.

Always fun to be of service....Mike C.

7th Tradition – Every AA Group ought to be fully self-supporting declining outside contributions.

A few days ago, my sponsor assigned me the task of writing about AAs 7th Tradition for “The Buzz”. I immediately grabbed my copy of the “12 and 12” and a few pamphlets about the Traditions and reviewed what they all said. I sat at my desk with pen and paper and proceed to, well, sit there. I said to myself, just start writing, so I did. I meandered here and there and just didn’t really go anywhere with it. When I mentioned to her that I was almost done writing, but I had struggled to get started, she said, just write like you were talking to the newcomer. So, I decided to put aside what I wrote and just type what I might say to a newcomer about the 7th Tradition. It may not include all the finer points in the books and pamphlets, but it will be what might come out of my mouth if I were talking to someone new.

My name is Traci and I am an alcoholic. My sobriety date is October 2, 2009. My home group is Bellflower Big Book Group and my sponsor is Emily C. I’m not the best AA member in the world, but I sure try hard.

When I first came to AA a little over 10 years ago, I was super sick physically and spiritually. I couldn’t stop drinking and I was getting sicker and sicker and more and more afraid. I felt hopeless and was so incredibly ashamed. Through the grace of God and the help of a solid member of this program I found myself sitting in my first meeting of Alcoholics Anonymous. I’d like to tell you that I stopped drinking and went to meetings then everything got real good right away, but that would be a lie. It took me a few weeks to start to feel halfway decent and to even understand what AA was all about. At about 2-3 weeks sober I finally got enough courage to ask another sober woman to sponsor me, and that is when I really started to learn about alcoholism, AA and the Steps and Traditions.

When I got here, I had lost my job about 6 months before, was on unemployment and my landlord was kind enough to cut my rent until I could “get on my feet” again. My husband, at the time, was unemployed and a “heavy drinker”. Neither of us was employable at that time. I was looking for jobs, but not all that hard. Drinking takes up a lot of time. Believe it or not, at that time I thought I was self-supporting. I thought that by paying my bills (mostly) I was financially taking care of myself. I found out, that that isn’t the case. If you are getting unemployment, the state is paying your bills and my landlord was covering part of my rent. Aha! moment there. In order to become a truly self-supporting member of society, I must find employment and pay all of my own bills. I was to treat looking for a job as a job itself with a set start and end time and a couple of breaks. After 9 months of looking, applying and interviewing, I finally found a job that would work. With that job came a sense of responsibility, self-sufficiency, and self-respect that I hadn’t had in a really long time. I’m grateful for that direction every time I complain in my head about going to work in the morning.

During that same time, I started to learn what the 7th Tradition means on the group level. I started small, by actually putting money in the 7th Tradition basket when it comes around to you. I thought because I didn’t have any money, that I could just let it pass me by. Well, I was informed that if you can come up with money for cigarettes, you can find some for the basket. Being a member of a meeting and a group means contributing to that group. Not only does it mean contributing money, but it includes contributing your time. This includes getting commitments at all of your meetings and helping new and not so new members. It means sponsoring those that ask and passing along what you have learned. It means participating in group activities and events, whether it is something you like or not. By doing these things, not only do you contribute to AA and the group, but you become more and more a part of the group and closer to those that are trying to stay sober like yourself.

As time has passed, I’ve learned a bit more about the hierarchy of AA. There is way too much to cover here. A key thing is, that as we contribute to our meetings and groups, these groups are able to contribute to their respective areas and districts and ultimately to GSO-General Service Office. GSO in New York and is the “head” AA group. GSO is just like the groups and relies on the contributions of its members in order to provide all the many services that it provides for all of us members. Its a big circle....

You ask, “Why can’t AA just get a loan or take donations from other organizations?” Well, that gets complicated, but in essence, accepting money from outside sources often times comes with strings attached. When that happens, AA takes that chance of losing focus of its primary purpose – which is to carry the message to the alcoholic that still suffers (Tradition 5). And keeping our noses out of business that isn’t AA is covered in Tradition Six.

These are just some of the basics that I learned when I first got here that I continue to practice today – even in the midst of this COVID handicapped world. I still support my group, area, district and GSO through my financial contributions and my time. Since I am attending Zoom meetings and not driving to 3 or 4 meetings every week, I can certainly “put some money in the basket”! Keep coming back.

Traci N., Bellflower, CA

HEARD IN MEETINGS

You can't read the label when you're inside the jar— we don't see how sick we are.

I was looking for an external solution to an internal problem.

Find God in everyone.

Getting sober was tough. I didn't have my medicine and I had to face people I didn't know.

Old ways won't open new doors.

If you don't sacrifice for what you want, what you want becomes your sacrifice

Focusing on what I can't control causes me stress.

Minutes turn to hours..to days..to months...to years.....we're staying sober but it starts with right here, right now.....this minute.

Don't drink right now.

Traditions Checklist

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new person who can't afford it yet? How generous was I when drunk in a bar-room?
2. How do I (or my group) support our International Journals of Alcoholics Anonymous, Grapevine and La Viña?
3. If GSO runs short of funds some year, wouldn't it be OK to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important for a group to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
6. Does my group have a "prudent reserve"? If yes, do I know what that amount is?

Food for thought.....A 7th Tradition dollar isn't worth what it used to be! Here are a few comparisons of prices from 2000. What cost \$1.00 in 2000 would cost \$1.52 today. What you pay \$1.00 for today would have cost you \$0.66 in 2000.

	2000	2020
Gasoline	\$1.51	\$2.60
Eggs	\$0.91	\$1.14
Sugar	\$2.12 (5 lbs.)	\$4.58 (4 lbs.)
6-Pac Budweiser	\$6.32	\$6.98
Milk	\$2.59	\$3.41
Pack of Cigarettes	\$3.12	\$8.05
Postage Stamp	\$0.33	\$0.55
Coffee	\$0.90	\$2.70
Median home price	\$131,461	\$226,800
7th Tradition Contribution	\$1.00	\$1.00?

CENTRAL MOUNTAIN INTERTERGROUP H&I INFORMATION

If you have any questions about H&I please contact Secretary: Jo Ann U., Treasurer: Scott J., or Programs Coordinator: Denise B. at centralmountainhandi@gmail.com or call the CMI office **928-646-9428**.

Concepts Checklist

2. Do we realize that the practical and spiritual power of the Conference will nearly always be superior to the legal power of the G.S.B.?

1. Do we act responsibly regarding the "power of the purse"?

Central Mountain Intergroup Treasurer's Report for June 2020		
Group & Individual Donations:		
Feeling free group	Sedona	\$50.00
Eye opener group	cottonwood	\$100.00
Red Road group	Rimrock	\$60.00
Steps to Success	cottonwood	\$40.00
individual donations (2)	verde valley	\$30.50
Total Donations:		\$280.50
Literature Sales:		\$422.85
Total Income:		\$703.35
Expenses:		
office rent		\$400.00
Century Link	phone/internet	\$113.09
Allegra Printing	May buzz	\$24.17
Recovery Mint	chip order	\$508.00
A.P.S.	office ele.	\$55.33
Total Expenses		\$1,100.59
Operating funds balance fwd		\$1,287.21
transfers (to)/from savings		
Total Operating Funds:		\$889.97
Savings Acct:		
Beginning Balance		\$10,627.56
Deposits/(withdraws)		
Interest to savings		\$0.08
Total in Savings Account		\$10,927.73
Prudent Reserve per By-Laws:	\$8,400.00	
Set Aside Accounts (SSA):		
Intergroup Liaison	\$1,000.00	
Activities Chair	\$200.00	
Traditions Banquet	\$1,327.00	
Total in SSA:	\$2,527.00	
Actual PR Balance:		\$8,400.73
Over/(Under) desired PR after SAA:		\$0.73

Contribution Mailing Addresses

Please include ***your group's name, group number, contact name, and return address*** along with your group's contribution check or money order.

General Service Office P.O. Box 459 Grand Central Station New York, NY 10163

Area 03 Committee P.O. Box 3691 Gilbert, AZ 85299

District 14-141 P.O. Box 708 Sedona, AZ 86339

Central Mountain Intergroup P.O. Box 1125 Cottonwood, AZ 86326

Central Mountain H&I Committee P.O. Box 341 Cornville, AZ 86325

WHATS UP!!!

Monthly CMI Birthday Meeting

Cancelled until further notice

Host groups still needed!

Contact James H. 928-323-2464

Service Meetings at CMI Office

3900 E. Western Dr. Ste. C

Cottonwood, AZ

District 14-141 meeting on the 2nd

Mondays at 6:30 p.m.

Intergroup meeting on the 2nd Thurs-

days at 7:00 p.m.

Zoom 378 246 697

No password

H&I meeting on the 4th Tuesdays at

7:00 p.m.

Please check all the above meeting before attending them. They might all

be on Zoom

85th International Convention

July 1-31

Link on aa.org

Delegate's Reportback

July 18th

12:00-1:30

Zoom number: 783 303 9904

Password: delegate

Area 03 Assembly

August 14-16

Virtual on Zoom

Payson Roundup

August 28-30

Payson, AZ

AApayson.com

Area 03 State Convention

September 4-6

Virtual on Zoom

Prescott Shoestring Roundup

October 9-11

Cancelled. See you in 2021

Verde Valley Roundup

October 30-November 1

Jackpot Ranch, Camp Verde

Cottonwood

Area 03 Assembly

November 7

Virtual on Zoom

A.A. History continued from June Buzz

By 1946, however, it had already become possible to draw sound conclusions about the kinds of attitude, practice, and function that would best suit A.A.'s purpose. Those principles, which had emerged from strenuous group experience, were codified by Bill in what are today the Twelve Traditions of Alcoholics Anonymous, By 1950, the earlier chaos had largely disappeared. A successful formula for A.A. unity and functioning had been achieved and put into practice.

During this hectic ten-year period, Dr. Bob devoted himself to the question of hospital care for alcoholics, and to their indoctrination with A.A. principles. Large numbers of alcoholics flocked to Akron to receive hospital care at St. Thomas, a Catholic hospital. Dr. Bob became a member of its staff. Subsequently, he and the remarkable Sister M. Ignatia, also of the staff, cared for and brought A.A. to some 5,000 sufferers. After Dr. Bob's death in 1950, Sister Ignatia continued to work at Cleveland's Charity Hospital, where she was assisted by the local groups and where 10,000 more sufferers first found A.A. This set a fine example of hospitalization wherein A.A. could cooperate with both medicine and religion.

In this same year of 1950, A.A. held its first International Convention at Cleveland. There, Dr. Bob made his last appearance and keyed his final talk to the need of keeping A.A. simple. Together with all present, he saw the Twelve Traditions of Alcoholics Anonymous enthusiastically adopted for the permanent use of the A.A. Fellowship throughout the world. (He died on November 16, 1950.)

The following year witnessed still another significant event. The New York office had greatly expanded its activities, and those now consisted of public relations, advice to new groups, services to hospitals, prisons, Loners and Internationalists, and cooperation with other agencies in the alcoholism field. The headquarters was also publishing "standard" A.A. books and pamphlets, and it supervised their translation into other tongues. Our international magazine, the *A.A. Grapevine*, had achieved a large circulation. These and many other activities had become indispensable for A.A. as a whole.

Nevertheless, these vital services were still in the hands of an isolated board of trustees, whose only link to the Fellowship had been Bill and Dr. Bob. As the co-founders had foreseen years earlier, it became absolutely necessary to link A.A.'s world trusteeship (now the General Service Board of Alcoholics Anonymous) with the Fellowship that it served. Delegates from all states and provinces of the U.S. and Canada were forthwith called in. Thus composed, this body for world service first met in 1951. Despite earlier misgivings, the gathering was a great success. For the first time, the remote trusteeship became directly accountable to A.A. as a whole. The A.A. General Service Conference had been created, and A.A.'s over-all functioning was thereby assured for the future.

A second International Convention was held in St. Louis in 1955 to celebrate the Fellowship's 20th anniversary. The General Service Conference had by then completely proved its worth. Here, on behalf of A.A.'s old-timers, Bill turned the future care and custody of A.A. over to the Conference and its trustees. At this moment, the Fellowship went on its own; A.A. had come of age.

Had it not been for A.A.'s early friends, Alcoholics Anonymous might never have come into being. And without its host of well-wishers who have since given of their time and effort- particularly those friends of medicine, religion, and world communications- A.A. could never have grown and prospered. The Fellowship here records its constant gratitude.

It was on January 24, 1971, that Bill, a victim of pneumonia, died in Miami Beach, Florida, where- seven months earlier- he had delivered at the 35th Anniversary International Convention what proved to be his last words to fellow A.A.'s: "God bless you and Alcoholics Anonymous forever."

Since then, A.A. had become truly global, and this has revealed that A.A.'s way of life can today transcend most barriers of race, creed, and language. A World Service Meeting started in 1969, has been held biennially since 1972. Its locations alternate between New York and overseas.

The District 14 Founder's Day celebration scheduled for next fall was postponed till June 12, 2021.

S A I N T S A N C U B I C L E
D O G S L O B L I V I O N P N
E A M R A L L O D A N V O O S
K S U O I C E R P S H A I V Q
N O I T U B I R T N O C S E U
I B N Y J G C E N T R I R R A
L A N C H O R A G E H E E T R
C R E H T N U O O T U X V Y E
U E L I A T S C V R M P A L I
P S L T F T H C E E I L U H G
C T I H J E I T N E L O I V O
U O M E E S N E M M I I S W A
N A I R T I G H T G T T N A D
V I R T U O U S S U Y E O G E
P U C O Q U A R R E L D W T D

A I R T I G H T, A N C H O R A G E,
A V E R S I O N, B A R E S T, C E N T,
C H A I N,
C L I N K E D, C O E R C I O N,
C O N S T E R N A T I O N,
C O N T R I B U T I O N,
C R U S H I N G, C U B I C L E,
D O G S, D O L L A R, E R A,
E X P L O I T E D, F A T,
G O A D E D G O D,
G R O V E L I N G, H A T, H I T H E R -
T O, H U M I L I T Y, I M M E N S E,
M I L L E N N I U M, O B L I V I O N,
P I E, P O V E R T Y, P R E C I O U S,
Q U A R R E L, S A I N T S, S N O W,
S Q U A R E, T R E E, V I A,
V I O L E N T

QUESTION OF THE MONTH

To what Order did Sister Ignacia belong?
Sisters of Charity of St. Augustine.

QUOTE OF THE MONTH

“To conclude: Our spiritual way of life is safe for future generations if, as a Society, we resist the temptation to receive money from the outside world. But this leaves us with a responsibility— one that every member ought to understand. We cannot skimp when the treasurer of our group passes the hat. Our groups, our areas, and AA as a whole will not function unless our services are sufficient and their bills are paid.” The Language of the Heart, p. 221.

Central Mountain Intergroup Meeting Minutes June 11, 2020

Meeting opened at 7:00 p.m. with the Serenity Prayer by Tom. Present were Emily, Mike C, Tom, Nancy, Suzanne, Sean, Donna, Julie, Ginger, and Eileen.

Treasurer's Report- Mike reported contributions were received from 2 groups and 3 individuals totaling \$904.00. This added to the literature sales brought our monthly income to \$912.75. Monthly expenses were \$584.00. Both set aside accounts are still good as well.

Secretary's Report- Motion made to accept report as written, seconded and passed.

Meeting List Coordinator- Sean reported all is well until we start printing updated meeting openings.

CMI Chair- Tom reported Glenn needs to resign from position of Liaison.

Liaison report- Glen absent. Tom reported there are now 70 translations of the Big Book with 23 pending and 16 more looked at for the future. GSO's 2020 budget is being revised. Individual contributions are up but group contributions are down. Grapevine distribution is down in the last 5 years. GSO took out a \$6 million insurance policy for the cancelled 85th International Convention. This policy will help them cover cancellation expenses.

CPC- OPEN

Office Coordinator- New volunteers Allen and Myrna will cover 2 days in the office.

Buzz- Emily reported the current Buzz will be on the website a week prior to the Intergroup meeting and there are 50 printed copies in the office.

Telephone Coordinator- Suzanne reported all is well.

Literature- Donna reported book supply is good.

Web Servant- Dustin absent. Sent message that he and John R. will post Verde Valley Zoom meeting schedules on the CMI website.

Birthday Meeting- James absent.

Activities- OPEN

Elections- CPC, Intergroup Liaison, and Meeting List Coordinator positions are a vacant. Nancy volunteered for Meeting List Coordinator position.

Old Business- Motion to untable chip sales discussion. Motion made to make initial chip purchase of \$500.00. Motion seconded and passed. Motion made to keep CMI prices in line with Prescott Intergroup. Motion seconded and passed. Motion made to table Birthday Potluck until James is present. We will wait until the 1st of July to make a decision about keeping the Intergroup meeting on Zoom.

New Business- Motion made, seconded, and passed to print 1000 copies of our meeting list. Meeting closed at 7:45 p.m. with the Responsibility Declaration.