

Verde Valley Buzz

Official Newsletter of the Central Mountain Intergroup

Serving the entire Verde Valley and Northern Arizona

vvaanewsletter@gmail.com

3900 E. Western Drive, Suite C, Cottonwood, AZ 86326

928-646-9428 www.centralmountain.org Open weekdays noon to 4:00



December 2021

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

Tradition 12: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Concept 12: The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will

Step 12. *Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.*

My name is Dave and I'm an alcoholic.

I came to AA in 1990 after many years of suffering and misery. I had finally (thank God) hit a bottom low enough to be willing to honestly try what I had always avoided: to listen, take direction, and do what I was told.

I got a sponsor with whom I worked the steps, went to a lot of meetings, and made myself available to help other alcoholics when I could.

Miracle of miracles, I stayed sober. All those people who saved me, my sponsor, family, all the people in the meetings, were working the 12th Step on me. Through them and the work I did through the steps, I have awakened to a spiritual way of living and believing that I never knew existed. My obligation is to share with others the way they did with me. The meetings are where I learned the principles. Life outside is where I have to live them--an act of kindness, a ride to a meeting, sharing at a meeting, just listening to someone. 12th step work has many forms.

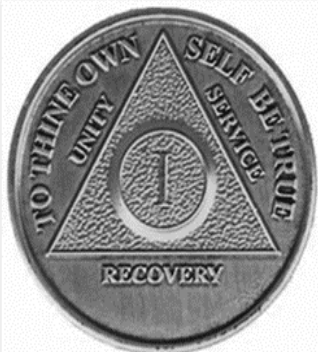
I do some service work, I've sponsored people, I have a home group where I participate. For me, it's all part of carrying the message and it keeps me sober. So much of what I've learned is from the examples others have shown me. I can believe what someone is teaching me when I see them living it. I was told once that the first thing I had to do to help another alcoholic was to stay sober. I have to be an example. I cannot give what I don't have and if I'm not living it, I don't have it.

Thanks to the people who 12th stepped me I am alive and have a way of living that gives me something worth sharing, and the willingness to do so. I am never more firm in my recovery than when I'm telling another alcoholic that he too can recover and I will help, if he wants me to.

I am so grateful to those who told me and showed me what they did.

Thank you for my recovery.

Dave T., Cottonwood



The Intergroup office has chips and coins for sale

24 Hr. & 1-11 month chips are \$.50 ea

Yearly coins 1-50 years \$1.00 ea



WHATS UP!!!

CMI Birthday Meeting

Is now quarterly. The next celebration is Sunday, December 26 at 3:00 p.m. Verde Valley Alano Club, Cottonwood

Cake and Pizza served

Host groups needed!

Contact Ginger C 928-607-9558

Service Meetings at CMI Office

3900 E. Western Dr. Ste. C
Cottonwood, AZ
(Except if noted zoom below)

District 14-141 meeting on the 2nd Mondays at 6:30. Live @CMI office

Intergroup meeting on the 2nd Thursday at 7:00
Live @ the Intergroup Office
Also zoom: 212 190 9908 PW 2455

H&I

will next meet on the 4th Tuesday of the month at 7:00 p.m.

PRAASA 2022

Hosted by Area 58, Oregon
March 4-6, 2022
Information at www.area03.org

32nd Annual River Round Up

Jan 6-8, 2022
Don Laughlin's Riverside Resort
Laughlin, Nevada
See RCCO-AA.org for more information

8th Annual Yuma Round Up

February 4-6, 2022

CENTRAL MOUNTAIN INTERGROUP

Service Positions Available

Are you looking for a LOCAL service commitment that has a BIG impact on AA in the Verde Valley? CMI is looking for the following positions:

All positions are up for election for 2022, except Intergroup Liaison . All postions have a 2 year Sobriety requirement except Treasurer which is 5 years.

If you are interested in any of these positions, you must attend the monthly CMI meeting on the 2nd Thursday of the month at 7:00 pm at the CMI Office or on Zoom —logon: 212 190 9908 PW 2455

NEW OPPORTUNITY FOR INVOLVEMENT !!!!!

Central Mountain Intergroup has openings available on Fridays from noon till 4:00 in the office. Alternates needed.

BENEFITS INCLUDED!!!!

free coffee, free internet, an opportunity to serve our wonderful program of recovery.

December 2

SERENITY

Having had a spiritual awakening as the result of these steps . . .

— TWELVE STEPS AND TWELVE TRADITIONS, p. 106

As I continued to go to meetings and work the Steps, something began to happen to me. I felt confused because I wasn't sure what it was that I was feeling, and then I realized I was experiencing serenity. It was a good feeling, but where had it come from? Then I realized it had come ". . . as the result of these steps." The program may not always be easy to practice, but I had to acknowledge that my serenity had come to me after working the Steps. As I work the Steps in everything I do, practicing these principles in all my affairs, now I find that I am awake to God, to others, and to myself. The spiritual awakening I have enjoyed as the result of working the Steps is the awareness that I am no longer alone.

From the book *Daily Reflections*

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LOOKING FOR SOME EASY SERVICE WORK?

Intergroup needs people to answer phones after hours.

Needed:

Various times needed, also alternates
CMI Office openings on Friday
If interested, e-mail:

cmiaa9428@gmail.com

Or text/call

928-243-8373

AA Preamble

Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA Membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is the stay sober and help other alcoholics to achieve sobriety.

Central Mountain H&I

The female inmates continue to request letters from A.A. Last month, we spent \$192.80 for a case of Daily Reflections for the jail. These will be distributed to inmates who request them. Our ending balance is \$4,054.31.

Any H&I questions, call Emily at [562-652-6330](tel:562-652-6330).

BIRTHDAYS!!!

—The Buzz is publishing AA Birthdays for each month. If you would like yours to be included, send your 1st name , initial and sobriety date to the email address below.

—Would you like to receive the VV Buzz in your e-mail? Send your request to:
vvaanewsletter@gmail.com

Name	Sobriety Date	Years	Days
Bill W	12/10/1934	87	31770
Carol L	12/18/1994	27	9861
Joe T	12/14/2009	12	4383
Lee D III	12/11/2013	8	2922
Jan T	12/1/2014	7	2556
Ginger C	12/2/2017	4	1461

How Grateful are you for your sobriety? Many groups encourage people to participate in *The Birthday Plan*.

Contributions to the General Service Office support G.S.O.'s services to members and groups throughout Canada and the U.S. and help ensure that the A.A. message is carried around the world. The services that the G.S.O. provides the A.A. groups cost more than \$6 per member per year. Members customarily contribute \$1, \$2 or even \$5 a year for each year of sobriety—others may give a penny or a nickel a day for each day of their sobriety.

Currently our General Service Office's Prudent Reserve is at 8.4 months. The goal is to be at 12 months. Also some services are reduced and expenses are expected to go up next year Help if you can.

Contributions can be made on line at AA.org or mail them to:

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

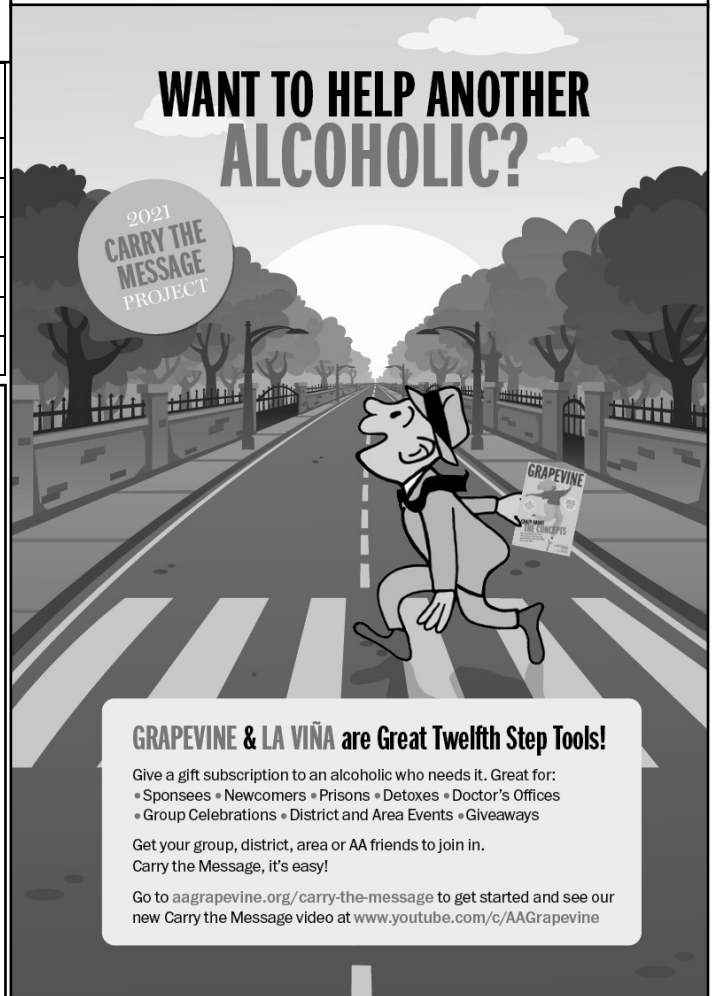
A Declaration

OF UNITY

This we owe to AA's Future;
 To place our common welfare first;
 To keep our fellowship united.
 For on AA unity depend our lives,
 And the lives of those to come.

WANT TO HELP ANOTHER ALCOHOLIC?

2021
 CARRY THE
 MESSAGE
 PROJECT



GRAPEVINE & LA VIÑA are Great Twelfth Step Tools!

Give a gift subscription to an alcoholic who needs it. Great for:
 • Sponsees • Newcomers • Prisons • Detoxes • Doctor's Offices
 • Group Celebrations • District and Area Events • Giveaways

Get your group, district, area or AA friends to join in.
 Carry the Message, it's easy!

Go to aagrapevine.org/carry-the-message to get started and see our new Carry the Message video at www.youtube.com/c/AA Grapevine

HAAM

Honesty was a foreign language to me.

I can't see God. I can't hear God. I can only feel God and sense it's presence by watching you.

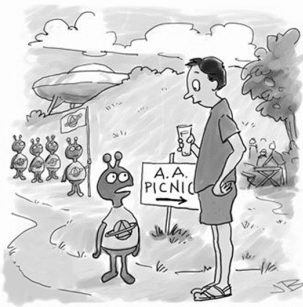
Alcoholism is a disease. But recovery is different than other diseases. A cancer patient takes his medicine and pays his hospital bill. We do the Steps.

When I got here I would have turned my life over to a Ouija board. It's right at least part of the time.

I am like a thread in a tapestry. I can't see the pattern, but I know its there and I am a part of it.

Just because the past didn't turn out the way that you wanted it to, doesn't mean that the future can't be better than you imagined.

The people that can laugh at themselves are fortunate! They'll never cease to be amused!



TAKE
ME
TO
YOUR
SPONSOR
Best Jokes & Cartoons
from AA Grapevine

AA GRAPEVINE

The International Journal of Alcoholics Anonymous

“We are not a glum lot.” Yes. There is humor in sobriety. Check out our GV Books at the Intergroup office, including Take Me to Your Sponsor \$11.50

A.A. TRADITIONS AND THE INTERNET

We observe all A.A.’s principles and Traditions on A.A. public media such as the Internet.

Anonymity — As anonymity is the “spiritual foundation of all our Traditions,” we observe anonymity on public websites at all times. In 2013, the 63rd General Service Conference affirmed that “the Internet, social media, and all forms of public communications are implicit in the last phrase of the short form of Tradition Eleven, which reads: ‘...at the level of press, radio, and films.’” As Bill W. wrote: “At this altitude [public], anonymity — 100 percent anonymity — was the only possible answer. Here, principles would have to come before personalities without exception.” In simplest form, this means that A.A.s do not publicly identify themselves as A.A. members using their full names and/or full-face photos. For more information on anonymity online, see the section of this Guideline, “Guarding Anonymity Online.”

Attraction not promotion — As our co-founder, Bill W., wrote: “Public information takes many forms — the simple sign outside a meeting place that says ‘A.A. meeting tonight’; listing in local phone directories; distribution of A.A. literature; and radio and television shows using sophisticated media techniques. Whatever the form, it comes down to ‘one drunk carrying the message to another drunk,’ whether through personal contact or through the use of third parties and the media.”

Self-support — In keeping with our Seventh Tradition, A.A. pays its own expenses and this also applies in cyberspace. To avoid confusion and to guard against the perception of affiliation, endorsement or promotion, care should be taken in selection of the website host. Website committees have avoided any host site that requires the inclusion of mandatory advertising space or links to commercial sites. Many “free” web hosting services require that the website include mandatory advertisements or links. Most A.A. website committees see this as actual or implied affiliation or endorsement of the products or services listed in those ads. They have found it prudent to create a website through a service that does not include mandatory advertisements or links.

Nonaffiliation, nonendorsement — linking to other A.A. websites will often have the positive effect of significantly broadening the scope of a site. However, even when linking to another A.A. site, care must be exercised since each A.A. entity is autonomous, has its own group conscience, and may display information that another A.A. group conscience might find objectionable. There is no way to know when this might occur. Experience indicates that linking to non-A.A. sites is even more problematic. Not only are they much more likely to display non-A.A. and/or controversial material, but linking might imply endorsement, if not affiliation. In the final analysis, experience strongly suggests that, when considering linking to another site, proceed with caution. G.S.O. has attempted to avoid some of these pitfalls on G.S.O.’s A.A. website, aa.org, by confining its links to known A.A. service entities and by incorporating a mandatory exit statement when someone wishes to activate the outside links on the site. (This statement also covers access to application software such as Adobe Reader, which is provided to assist visitors in reading Portable Document Format (PDF) files.)

GUARDING ANONYMITY ONLINE

Modern communication in A.A. is flowing from one alcoholic to another in ways that are high-tech, relatively open-ended and evolving quickly. Protecting anonymity is a major concern for members, who are accessing the Internet in ever-growing numbers. As Bill W. noted, “Anonymity has two attributes essential to our individual and collective survival; the spiritual and the practical. On the spiritual level, anonymity demands the greatest discipline of which we are capable; on the practical level anonymity has brought protection for the newcomer, respect and support of the world outside, and security from those of us who would use A.A. for sick and selfish purposes.” When we use digital media, we are responsible for our own anonymity and for protecting that of others. When we post, text, or blog, we should consider whether we are publishing at the public level. When we break our anonymity in these forums, we may inadvertently break the anonymity of others.

For more information on anonymity online, see the pamphlet “Understanding Anonymity,” the service piece “Anonymity Online and Digital Media” and the October 2010 issue of AA Grapevine on Anonymity on the Internet. — or—see AA.org

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TRADITION 12

“Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”

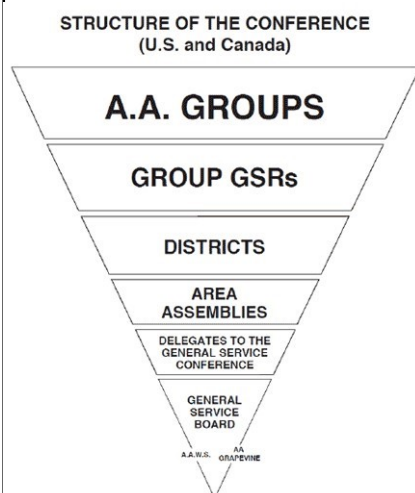
Anonymity is considered the single greatest protection that the fellowship has to assure its continued existence and growth. Looking at the history of AA, from its beginning, it is clear that anonymity is vital for our program to continue in order to be a safe place for the alcoholic to rest their weary mind and body. We usually think of anonymity at the public level of press, radio, TV, films and other media technologies such as the Internet. But what about anonymity at the personal level?

Personal anonymity is the basic foundation in protecting all members from being identified as alcoholics outside of the rooms. A sponsor’s promise to keep information about the newcomer’s stories is a life-or-death promise for the newcomer. Without this unspoken oath of confidence, the 5th step would be impossible for most of us. This trust has been so precious in my sobriety and should never be taken lightly. I have personally experienced this break in trust and it took a lot of prayer to recover from it. Having this trust disregarded and my personal anonymity broken could have caused a relapse without the love and guidance from other trustworthy members and a power greater than myself. This safeguard of confidentiality allows us to share the most intimate, painful, details of our lives with our sponsor without worry of gossip or judgement from others. This is the first lesson in anonymity. Whether we are in a meeting or working with a newcomer we need to remember “What we hear here, when we leave here, Let it stay here! Period. Other sponsee’s, sponsors, or friends should never hear the details we have learned of other members stories. This disease is life or death and our program is a safe place to recover and not to be taken lightly. If we can remember to stay AA members and not be AA show offs our program will continue to be a Safe Harbor for the alcoholics who still suffers, inside and outside of these rooms.

And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance, it reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all (12x12 pg 192)

Ginger C.

Area 03 Election Results



Unlike most organizations Alcoholics Anonymous is structured upside down—the groups are the boss and our Area Officers and the General Service Board report to them. Our Delegates serve as the communications link between the groups and the GSB.

In November Arizona Area 03 and the Districts held their elections for the Area and District officers, including the Delegate. These people all volunteer their time to ensure that AA is available to everyone who needs it. Here is a list of all elected and appointed Officers and Coordinators.

The names are anonymity protected for this publication. If you would like the full list, please email me at vvaanewsletter@gmail.com

Delegate:	Kathy R	Sub District 14-141
Alt. Delegate	Blas A	(Verde Valley)
Chair:	Michelle M	DCM James H
Alt. Chair:	Cyd B	Alt DCM Emily C
Secretary:	Larry S	Treasurer Jon P
Treasurer:	John N	Secretary Open
Registrar:	Vance R	
Corrections Coordinator:	Skip H	
CPC Coordinator:	Judy W	
Literature Coordinator:	Isaac B	
Remote Communities:	Eileen B	
Spanish Coordinator:	Juan G	
Treatment/Access Coord:	JJ G	
Archivist	Appointed	
Technology	Appointed	
Meeting List	Appointed	
Newsletter	Appointed	

**Central Mountain Intergroup
Business Meeting Minutes
November 11th, 2021**

The meeting was called to order at 7:00 by Cassandra followed by the Serenity Prayer. Those present included: Cassandra A, James H, Tom S, Emily C, Mike C, Nancy S, Ginger R, Nancy J, Julie B, and Marianna G.

Secretary's Report: Emily C. made a correction; she reported a mistake in the Intergroup liaison's report. It's just District 14 hosting Area 03 Assembly not District 14-142.

Tom S stated the announcement in new business about Allegra retiring was not correct. They are not closing. Motion made to accept minutes as amended, seconded and passed.

Treasurer: Mike C. reported total income of \$1,246.15. The total expenses were \$1,381.53 Our income was a little lower than expenses so we lost a little ground there. Total operating funds started out at \$1500.01 so were starting the new month out with \$1,364.63. Savings is 10,527.87 with \$2,527.00 in the SSA account as part of that amount. We're \$.87 over our actual prudent reserve balance. Ginger R motioned to accept report and Emily C seconded, motion passed.

CMI Chair: Cassandra A. had nothing to report.

Alt CMI chair: Allen was not present

Intergroup Liaison: Emily C. reported sub district still has about \$5200 left after they paid for the delegates report back and all district meeting. District is sending \$2000 dollars to GSO. Only a few groups full time on Zoom. All area Assembly on Nov 20th and 21st on Zoom. They held elections and James H. is the new DCM, Emily C. new alternate DCM and John P. is new treasurer sub district 14-141. The next meeting will be December 13th at 6:30.

CPC PI – Julie B. reported she has been keeping up with the literature. She got the information requested on AA from Michelle at the VA she had requested.

Office Coordinator: Emily C. reported we need Friday & Saturday noon to four shifts are open.

Newsletter: Tom S. reported he had good feedback on the addition of birthdays to Buzz. Emily stated that there is no more Zoom for District 14-141.

Literature: Julie B. reported for Donna, everything is up to date and people are buying chips. We are on backorder for Daily Reflections.

Web servant: James H. reported the information that came in got updated. Talked about getting our meeting list on Area 03 he will be working on that.

Phone Coordinator: Nancy S. reported we still need Saturday 12pm to 4pm and Wed 4pm to 10pm.

Meeting list Coordinator: Nancy J reported that we had a few new updates and changes on times.

Birthday meeting: Ginger C. not present.

Activities: Open.

Elections: Secretary-open; Treasurer-open; CMI Chair-open; CMI Liaison-Emily C; CPC PI-Julie B; Newsletter-Tom S, Literature-open, Web Servant-James H; Phone Coordinator-Nancy S; Meeting List Coordinator-Nancy J; Activities-open, Birthday-open;

Old Business: None

New Business: Emily C made motion to drop Saturday office position, Julie B seconded, motion passed. Keep Zoom for Intergroup for now. Nancy stated we were low on meeting lists and group agreed to ordering 700 more. The verbiage is changing in the AA preamble so she will update that on meeting list and will make sure website is updated.

Closing: The meeting was closed at 7:43 with the Responsibility Declaration.

Central Mountain Intergroup Treasurer's Report for November 2021		
Group & Individual Contributions:		
Stay For It Group	Sedona	\$600.50
Seniors in Sobriety	V.O.C.	\$90.00
Upon Awakening Group	Sedona	\$350.00
Camp Verde Group	C.V.	\$439.59
Freethinker's Group	V.V.	\$100.00
Chip sales:		\$65.50
Literature Sales:		\$267.10
Total Income:		\$1,912.69
Expenses:		
Allegra Printing	Nov. Buzz	\$70.31
Mark Taylor	Office rent	\$400.00
Century Link	phone/internet	\$120.65
A.P.S.	office electric	\$48.44
Total Expenses		\$639.40
Checking as of Nov. 1		\$1,364.63
transfers (to)/from savings		
Checking as of Dec.1		\$2,637.92
Savings Acct:		
Beginning Balance		\$10,527.87
Deposits/(withdraws)		
Interest to savings		\$0.09
Total in Savings Account		\$10,527.96
Prudent Reserve per By-Laws:		\$8,000.00
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:		\$8,000.96
Over/(Under) desired PR after SAA:		\$0.96

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 Please bring or send contributions to the CMI office.