

# 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](http://www.centralmountain.org) Open weekdays noon to 4:00



October 2022

**Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.**

**Tradition 10: Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.**

**Concept 10: Every service responsibility should be matched by an equal service authority with the scope of such authority well defined.**

**Step 10:: Continued to take personal inventory and when we were wrong, promptly admitted it.**

When I came to Alcoholics Anonymous, my life was an absolute dumpster fire.

I had two successful DUIs, one of them was a super extreme, my son was no longer living in my home and I was bankrupt in every aspect. I couldn't be a good daughter, mom, friend or employee.

I came to my first AA meeting with the gift of desperation, and I knew that I needed to make some serious changes. I was unwilling to admit that I had any sort of real problem. I had the intention to stick around for a few months, get my life back in order and then go back out. Thank

God that wasn't the case.

I came into the program and I got busy with the steps right away. As I took steps 1-9 with my sponsor, I was taking on the adventure of a whole new life. Clearing away the wreckage of my past.

Step 10 suggests that we continue to take personal inventory and when we are wrong, promptly admitted it. The Big Book says "we vigorously commenced this way of living as we cleaned up the past." The book also tells me that this should continue for a lifetime.

Taking daily personal inventory includes watching for fear, selfishness, dishonesty and resentments.

We make amends if we have hurt anyone. We have ceased fighting anyone or anything, including alcohol.

For me, step 10 keeps me out of self. It's daily maintenance of my spiritual condition. It keeps my side of the street clean and keeps me accountable.

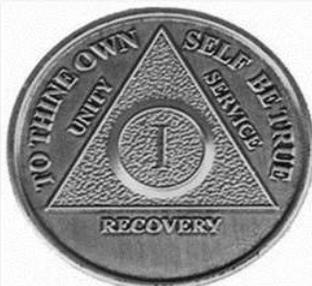
I can't rest on my laurels.

The 12x12 says that "courtesy, kindness, justice and love are the keynotes by which we may come into harmony with practically anybody."

Today, I am able to see, fix and ask God to remove my shortcomings. Equally, I am able to thank him for the blessings I have in my life.

Thanks for my sobriety.

Danicka S



**The Intergroup office has  
chips and coins for sale**

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



## WHATS UP!!!

### CMI Birthday Meeting

Is now quarterly. The next celebration is Sunday, January 8, 2023 at 3:00 p.m. Verde Valley Alano Club, Cottonwood

#### Cake and Pizza served

Host groups needed!

Contact Melanie A, 928.274.0453

### 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

and Zoom 985 0797 5508

Intergroup meeting on the 2nd Thursday at 7:00

### 2021 November Area 03 Virtual Election Assembly

November 20-21

Free registration @ Area03.org

#### District 14-141

Gratitude Potluck

Sonoran Hot Dogs

11 AM, Nov 13, @ VV Fairgrounds, Art Bldg.

### Area 03 November Assembly, Mesa AZ

November 5, 2022

Information @ AREA03.ORG

### **LOOKING FOR SOME EASY SERVICE WORK?**

Intergroup needs people to answer phones after hours.

#### **Needed:**

Various times needed, also alternates CMI Office openings on Wed and Fri

If interested, e-mail:

**cmiaa9428@gmail.com**

Or text/call

**928-243-8373**

#### HAAM

I wasn't in denial. I'm just very selective about the reality I accept.

Give up all hope for a better past.

Every real problem in life is an opportunity for growth. If you ignore it, it will grow.

## 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 Intergroup service positions, except the Intergroup Liaison and Treasurer will be coming up for election in November. All require 2 years of sobriety.

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.

Descriptions of duties are located at [www.centralmountain.org](http://www.centralmountain.org)

### NEW OPPORTUNITY FOR INVOLVEMENT !!!!!

Central Mountain Intergroup has openings available on Wednesday and Friday 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.**

**serve our wonderful program of recovery!**

### THOUGHT FOR THE DAY TRUE TOLERANCE

October 22, 2022

**Finally, we begin to see that all people, including ourselves, are to some extent emotionally ill as well as frequently wrong, and then we approach true tolerance and see what real love for our fellows actually means.**

#### TWELVE STEPS AND TWELVE TRADITIONS, p. 92

The thought occurred to me that all people are emotionally ill to some extent. How could we not be? Who among us is spiritually perfect? Who among us is physically perfect? How could any of us be emotionally perfect? Therefore, what else are we to do but bear with one another and treat each other as we would be treated in similar circumstances? That is what love really is.

From the book *Daily Reflections*

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**Tradition 10: Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.**

Never since it began has Alcoholics Anonymous been divided by a major controversial issue. Nor has our Fellowship ever publicly taken sides on any question in an embattled world. This, however has been no earned virtue. It could almost be said that we were born with it, for, as one old-timer recently declared, "Practically never have I heard a heated religious, political, or reform argument among A.A. members. So long as we don't argue these matters privately, it's a cinch we never shall publically."

Twelve Steps and Twelve Traditions, P 179

## 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**



SAVE THE DATE

Oct 28 to 30, 2022

Jackpot Ranch. Camp Verde, AZ  
 Camping, Poker Run, Games (Kids Welcome), Marathon Meetings and **great speakers:**

Friday—Armando B. Atlanta GA  
 Saturday—Alanon Mike S, Phoenix  
 Saturday—Young People, Erik H, Cottonwood  
 Saturday—Sarah I, Philadelphia, PA  
 Sunday—Tom M. Prescott AZ

Registration on-line @ [verdevalleyroundup.org](http://verdevalleyroundup.org)

[WWW.VERDEVALLEYROUNDUP.ORG](http://WWW.VERDEVALLEYROUNDUP.ORG)

Name	Sobriety Date	Years	Days
Tom S	10/17/1981	41	14975
Thomas G	10/28/1982	40	14610
Razna	10/1/1991	31	11322
Gary B	10/22/1992	30	10957
Sue M	10/16/1994	28	10227
Julie B	10/28/1999	23	8400
Mike K	10/17/2003	19	6939
Kathy R	10/2/2011	11	4017
Vanessa	10/21/2013	9	3287
Dave T	10/28/2017	5	1826
Jeremy H	10/5/2021	1	352
Cort D	10/13/2021	1	365

### Big Book Complete the Quote Quiz

1. We thought we could find an \_\_\_\_\_, \_\_\_\_\_ way. p58
2. No one is too \_\_\_\_\_, or has \_\_\_\_\_ too low to be welcomed cordially. p161
3. Our book is meant to be \_\_\_\_\_ only. We realize we know only a \_\_\_\_\_. P164
4. ...the only \_\_\_\_\_ necessary being that required to follow a few \_\_\_\_\_ rules. P. xxix

Answers on P 6

### 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.

### 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** PO Box 2407, James A Farley Station, N.Y., N.Y. 10116-2407

**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

**Tradition 10: Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.**

Prior to being sent to the rooms of AA, I disagreed with everything life was throwing my way. I was unable to live life on life's terms as I had never been taught any life skills so for me I thought the world was against me and I couldn't do anything right. I lived with very low self-esteem most of my life. I was sent to the rooms after a failed attempt at suicide. Finally after getting to the rooms I saw a little glimmer of hope that I could have what other people had, even though I didn't think I deserved it.

While sitting in a meeting one day when I heard a member share, "If you want less drama in your life and more serenity then I needed to quit fighting everyone and everything." At that moment it was like a huge light bulb had gone off over my head. Most of my "light bulb" moments have turned out to be the not so simple sayings that come from other people's shares, the literature, or from plaques on the walls. I always considered myself fairly intelligent while growing up. I couldn't understand how all these little things pertain to me and that they could make such huge profound changes within me. The longer I stay in and around AA, the less my brain succeeds in taking me places I don't want to be. I have a built in forgetter and so if I'm not vigilant in my program, my brain tries to convince me that its ideas are good ideas. Telling me something I don't want to hear.

This program has transformed all of my thought processes and therefore changed my life in such profound ways. Changing the way I responded to situations, changed the outcome of those situations. The simple aspects of this program have given me a new prospective on life. I have found that by keeping my opinions to myself and keeping my own council that life is easier to navigate most of the time. If I can make sure my side of the street is clean then I don't need to worry with what is going on with someone else. I have learned to pause when agitated, not to get involved with stuff that isn't any of my business, I've learned when I'm scared, I need to take a deep breath, say a prayer and do what scares me, and remind myself that fear is "false evidence appearing real", so just do it scared.

When I'm feeling out of sorts with the world, I need to do a mental check-in with myself. Am I feeling hungry, angry, lonely or tired? Usually it is one of those things that is causing me to be out of sorts. Before making major decisions in my life, I talk to other people in the program and/or my sponsor. I pause for 24 hours and usually have a different response when I do answer. I have learned who to allow in my space and learned how to say no when needed. All of these lessons I learned after I came to AA. AA taught me how to live life on life's terms. It taught me the life skills that life never had.

I always expected imperfection from people around me. However, I definitely expected perfection of myself. When I could never reach perfection, I thought it was because I wasn't good enough or just didn't deserve it. [Today](#) I can be ruthless with my disease and gentle with myself. I am ok not being perfect. I am ok just being human. These were all skills that I learned in the rooms of AA.

My God continues to do for me what I can't, won't, or refuse to do for myself. I prefer to live my life in the solution. Instead of living in the problems. My God hasn't dropped me on my head yet so I can trust that he never will.

When I walked into my first AA meeting I was so thankful that all we talked about was recovery. During that one hour meeting I could concentrate on recovery and the rest of the world was kept out. I had so much going on in early sobriety that I needed that long term recovery in my life while I learned how to be a sober and clean women and be a productive member of society once again. Had I come in during a political, or religious discussion then I don't think that I would have felt safe enough to share my truth and eventually feel safe enough to ask questions.

I know that when I attend a meeting of Alcoholics Anonymous, the only thing that will be discussed is going to be about recovery. How we recover from Alcoholism and how to show someone else how to recover. That is our primary purpose and that is the only thing that is discussed during the meeting. That keeps the rooms safe for everyone. Everyone is afforded the opportunity to recover from Alcoholism, if they want too.

The practice of living this tradition in my life has afforded me the ability to keep my own counsel on different issues which in turn blesses me with more serenity. I have learned that I don't always need to add my thoughts to a conversation that I usually don't have any business sticking my nose into anyway.

The program of Alcoholics Anonymous and my Higher Power have given me a gift that I could not live long enough to ever pay back the gift I was given. I will forever be thankful for this program and for the peace and serenity that I enjoy [today](#).

Melanie A. Cottonwood, AZ

**BIG BOOK QUOTE OF THE MONTH**

Among our rapidly growing membership of thousands of alcoholics such [spiritual] transformations [immediate and overwhelming], though frequent, are by no means the rule. Most of our experiences are what the psychologist William James calls the "educational variety" because they develop slowly over a period of time. Quite often friends of the newcomer are aware of the difference long before he is himself. He finally realizes that he has undergone a profound alteration in his reaction to life; that such a change could hardly have been brought about by himself alone. What often takes place in a few months could seldom have been accomplished by years of self-discipline. With few exceptions our members find that they have tapped an unsuspected inner resource which they presently identify with their own conception of a Power greater than themselves.

ALCOHOLICS ANONYMOUS, p 568

District 14-141  
Gratitude Potluck

Come join us in gratitude for a  
Sonoran Hot Dog potluck hosted  
By District 14-141!!!! Please  
Bring a side dish to share.

Sunday, November 13, 2022

Verde Valley Fairgrounds Art Building

800 E. Cherry St. in Cottonwood

11:00 am till 2:00 pm

Potluck will start at 11:00 followed by

A speaker meeting at noon.



**Central Mountain Intergroup  
Business Meeting Minutes  
September 8th, 2022**

The meeting was called to order at 7:03 by Allen followed by the Serenity Prayer. Those present were: Allen D., Mike C, Emily C, James H, Terry M, Nancy S, Annie O, Tom S, Melanie A. Nancy J.

**Secretaries Report:** Accepted as reported in the Buzz.

**Treasurer's Report:** Accepted as reported in the Buzz.

**CMI Chair:** Allen had nothing to report.

**Alt CMI Chair: Open**

**Intergroup Liaison:** Emily reported that due to the calendar, the SubDistrict September meeting hasn't happened yet happened yet so she'll have two reports next month. The Sub District will be sponsoring a Gratitude Potluck/Speaker Meeting on November 3 at 11:00. They will be serving Sonoran Hot Dogs. Bring a dish to share.

**CPC/PI:** Not Present

**Office Coordinator:** Nancy. There are openings to cover the CMI office on Wednesday and Friday.

**Newsletter:** Tom reports that the Buzz has been emailed to everyone on the distros and is being distributed to the 3 clubs and the office.

**Literature:** Donna is buying books and chips.

**Phone Coordinator:** Nancy reports that we need volunteers to cover the following shifts: Wednesday 4:00-10:00pm, Sunday 6:00 am to Noon. One year sobriety required.

**Meeting List Coordinator:** Nancy J reports that new Meeting Lists will be out next week.

**Web Servant:** James reports that the Buzz has been uploaded to the Website and that the Meeting list has been updated.

**Birthday Meeting:** Melanie reports that the Quarterly Birthday Meeting will be held on September 25 at the Alano Club in Cottonwood for everyone who celebrated a birthday in July, August, or September. The Eye Opener Group is sponsoring. Pizza and cake will be served. The next Birthday meeting will be held on January 8, 2023 rather than the last Sunday in December which will be Christmas day. Host groups are needed for the January, March, June, and September 2023 meetings. Contact Melanie A @ 928-274-0453.

**Activities:** Open.

**Elections:** The following positions are open: Alternate Chair, Secretary, and Activities Coordinator. In addition several people are holding 2 positions. No one stood for any positions.

**Old Business:** The tabled item from the August meeting about offering non-conference approved literature for sale in the CMI office remained tabled as the person who originally made the motion and the second were not present. It will be considered at the October meeting.

**New Business:** None.

There was a motion to close by Tom and seconded by Melanie. Meeting closed with the Responsibility Declaration at 8:00 pm.

Central Mountain Intergroup		
Treasurer's Report for September 2022		
<b>Group &amp; Individual Contributions:</b>		
Cottonwood Happy Hour	Cottonwood	\$70.00
Intergroup Birthday Meeting	Cottonwood	\$46.00
conference	Tucson	\$130.00
BBCH/Dr. Bob Group	Cottonwood	\$400.00
Friday Night Live	Cottonwood	\$300.00
Palvo	Cottonwood	\$0.85
Stay For it Group	Sedona	\$235.00
Chrysalis Womens Group	Sedona	\$200.00
camp verde group	Camp Verde	\$583.90
Sisters of the Red Rocks	Sedona	\$100.00
<b>Total Contributions</b>		<b>\$2,065.75</b>
<b>Chip sales</b>		<b>\$13.50</b>
<b>Literature Sales:</b>		<b>\$132.60</b>
<b>Total Income:</b>		<b>\$2,211.85</b>
<b>Expenses:</b>		
Nancy James	Office Supplies	\$24.60
James Harris	ink and stamps	\$55.49
Allegra Marketing	meeting lists	\$221.90
Centry link	phone and internet (2mo)	\$243.08
Mark Taylor	office rent	\$400.00
APS	office electric	\$53.75
<b>Total Expenses</b>		<b>\$998.82</b>
<b>NET</b>		<b>\$1,213.03</b>
<b>Checking as of September 1</b>		<b>\$9,707.49</b>
transfers (to)/from savings		<b>(\$150.00)</b>
<b>Checking as of October 1</b>		<b>\$10,770.52</b>
<b>Savings Acct:</b>		
Beginning Balance		\$10,248.62
Deposits/(withdraws)		\$150.00
Interest to savings		\$0.08
<b>Total in Savings Account</b>		<b>\$10,398.70</b>
Prudent Reserve per By-Laws:		<b>\$8,000.00</b>
<b>Set Aside Accounts (SSA):</b>		
Intergroup Liaison	\$871.44	\$128.56
Activities Chair	\$200.00	\$0.00
Traditions Banquet	\$1,327.00	\$0.00
<b>Total in SSA:</b>	<b>\$2,398.44</b>	
Actual PR Balance:		<b>\$8,000.26</b>
Over/(Under) desired PR after SAA:		\$0.26

Answers to BB Complete to Quote Quiz, P3

1. Easier, softer. 2. discredited, sunk. 3. suggestive, little. 4. effort, simple.