

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



Central Mountain Intergroup provides many services that help make it possible for our groups to function. Volunteers are needed for several service positions. Help AA in the Verde Valley to carry the message. Information is available at the phone # and website above.

January 2024

Step 1. We admitted we were powerless over alcohol—that our lives had become unmanageable.

Tradition 1. Our common welfare should come first; personal recovery depends upon A.A. unity.

Concept 1. Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

Heard in a meeting Our leaders are but twisted servants, they do not govern.

Try AA for 90 days. If you're not satisfied, we'll gladly refund your misery.

How old would you be if you didn't know how old you really were?

Courage is fear that has turned it over.

Note to self: Just because it pops into my head, doesn't mean that it should come out of my mouth.

WHATS UP!!!

CMI Birthday Meeting
January 7th, 2024 at 3:00 p.m.
Verde Valley Alano Club, Cottonwood
Cake and Pizza served
Host groups needed!
Melanie A. 928-274-0453
Service Meetings at CMI Office
3900 E. Western Dr. Ste. C
Cottonwood, AZ

District 14-141

meeting on the 2nd Mondays at 6:30.

Intergroup

meeting on the 2nd Thursday at 7:00

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.

tanyamariadams@outlook.com

Name		Sobriety Date	Years	Days
Mark	L	1/5/1978	46	16799
Don	C	1/5/1992	32	11686
Mike	Mc	1/7/1996	28	10223
Susan	G	1/5/1999	25	9129
Emily	C	1/11/2004	20	7297
Ginger	R	1/7/2013	11	4013
Kevin	S	1/20/2013	11	4000
Cliff	LV	1/7/2017	7	2552
Russ	K	1/18/2018	6	2176
Tylor	H	1/3/2019	5	1826
Doug		1/15/2021	3	1083
Vita	S	1/1/2023	1	367
Tiffany	S	1/6/2023	1	362
Krystin		1/22/2023	1	346

Contribution Mailing Addresses:

General Service Office PO Box 2407, James A Farley Station, N.Y., N.Y.
10116-2407

Area 03 Committee P.O. BOX 5629
Scottsdale, AZ 85261

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

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

CMI H&I Committee PO Box 1168,
Cottonwood, AZ 86326

Save the Date. Womens 12 steps in Depth 01/06/2024 Spring hill Suites Conference room 565 s. 6th Street Cottonwood AZ 8:30 to 3pm \$35 each session covers room venue, sandwiches, fruit, vegetable trays, cookies, workbook, coffee, and water. Limited to 30 spaces. April 6th, July 6, October 5, 2024. **Founders Day 2024 planning meeting** Saturday January 6th 2024, Saturday February 3rd 2024, Saturday March 2nd 2024, Saturday April 13th 2024, Saturday May 4th 2024, Sunday June 2nd 2024. For information contact Emily C at 562-652-6330 **Quarterly Intergroup Birthday meeting** Sunday January 7th at 3:00pm at the Cottonwood Alano Club. **Camp Verde speaker meeting** Second Saturday in room 205 7:30pm to 9pm.

**Central Mountain Intergroup
Business Meeting Minutes
December 14, 2023**
3900 Western Dr., Suite C
Cottonwood, AZ 86326

Meeting was called to order at 7:00 pm by Mike C. followed by the Serenity prayer.

Attendees: Tanya A., Melanie A., Mike C., Emily C., Tom S., Terri M., Jacob B., Chris, Spring G., Chris B., Sean B.,

Secretary: Melanie read the minutes from the November 23rd 2023, Tanya A. motioned to accept as read, Chris seconded the motion, and it passed.

Treasurer: Nancy J. was out sick. See Buzz dispersals. Beginning Balance 4530.49 expenses 1133.53 deposits 575.00 ending balance 584.84. Tom S. motioned to accept as read, Emily C. seconded the motion, and it passed.

CMI Chair: Mike C. No report

Alt CMI Chair: open position

Intergroup liaison: Emily C. reported a bill for 282.15 to go to area assembly. Thanks giving dinner went well. Founders Day is on June 8th 2024. Planning starts on January 6th.

CPC/PI: not present, no report

Newsletter (Buzz): Tanya reported in depth steps meeting for women meet four times a year January, April, July, October \$35 per session, covers room rental, sandwiches, fruit and veggie trays, water, coffee, and workbooks. CV Christmas alcathon ran from 6am to 11 pm. Christmas eve party also noon to 3pm potluck. Pot roast and Pork loin where meats. Stutz bearcat Christmas alcathon ran from 8am to 6:30pm. Alano club Christmas day potluck 1pm to 3pm.

Literature: Tom S. and Nancy ordered Big Books and 12 and 12 and all prices are up to date.

Web Servant : Terri M website current

Phone Coordinator: open position

Office Coordinator: Nancy J. not present.

Meeting List Coordinator: open

Activities Coordinator: open

Birthday Meetings: Melanie A. reported We Care Saturday Night in cottonwood will be hosting January 7th, Together we Can Sedona will be hosting March 24rd 2024 intergroup birthday party in cottonwood.

Old Business: . Tom S. will meet with Nancy J. about the Traditions Banquet.

New Business: Elections Spring volunteered for the CPC/PI position. Melanie A. motioned to accept the volunteer and Emily C. seconded it, and it passed. Melanie A. will continue with the intergroup birthday meeting for another year. Terri M. will continue for another year as web servant. Chris Di to take over as chair Mike C. to move to alternate chair. Chris motioned to accept. Tom S. seconded it, and it passed. Secretary will remain another year as Melanie A. ,Jacob B. volunteered to be alternate secretary, Tom S. motioned and it past. ,Open positions are activities coordinator, and intergroup liaison, phone list coordinator, Camp Verde Saturday living sober at 7pm at old high school, Melanie A motioned to close meeting at 7:58pm. Emily seconded it and it passed. Next intergroup meeting is January 11th 2024

The meeting adjourned at 7:58 pm followed by the Responsibility Declaration.

Thank you for letting me be of service.

Melanie A

Central Mountain Intergroup		
Treasurer's Report for December 2023		
Group & Individual Contributions:		
Over The Rainbow	Sedona	\$700.00
Jaywalkers	Sedona	\$184.00
Anonymous		\$19.00
Tues. Traditional BB Study	Clarkdale	\$309.00
Heart to Heart	Cottonwood	\$50.00
Stay For It Group	Sedona	\$215.00
Total Contributions		\$1,477.00
Chip sales		\$33.00
Literature Sales:		\$289.60
Total Income:		\$1,799.60
Expenses:		
APS	Utilities (11-16 thru 12-15)	\$51.36
Centurylink	Phone/Internet (11-22 to 12-21)	\$124.17
Grapevine	Carry the Message Contr.	\$664.74
World Services	Literature order	\$921.87
Allegra Marketing	Nov & Dec Buzz	\$65.91
Emily C	Reimb. Nov. Assembly	\$282.15
Eclpst	Annual Website service	\$144.00
Mark Taylor	Office Rent (January)	\$500.00
Total Expenses		\$2,754.20
NET		-\$954.60
Checking as of December 1		\$5,842.84
Checking as of January 1		\$4,845.20
Savings Acct:		
Beginning Balance		\$9,214.43
Interest to savings		\$1.17
Total in Savings Account		\$9,215.60
Prudent Reserve per By-Laws:		\$8,000.00
Set Aside Accounts (SSA):		
Intergroup Liaison	\$843.42	\$1,156.58
Activities Chair	\$200.00	\$0.00
Total in SSA:	\$1,043.42	
Actual PR Balance:		\$8,001.17
Over/(Under) desired PR after SAA:		\$1.17