

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.

May 2024

Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition 5: Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

Concept 5: Through out our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

Heard in a meeting 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 came to realize that all of the problems that I drank over really belonged to other people.

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.

tanyamarieadams@outlook.com

WHATS UP!!!

CMI Birthday Meeting

June 30th, 2024 at 2:00 p.m.

Verde Valley Alano Club, Cottonwood

Cake and Pizza served.

Host groups needed!

Krystin W. 928-451-5811

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 7:00

Intergroup

meeting on the 2nd Thursday at 7:00

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 13714 Scottsdale, AZ 85267

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

Name		Sobriety Date	Years	Days
Carole	B	5/29/1977	47	17143
Karla	K	5/1/1979	45	16441
Dez		5/8/1980	44	16068
Bill	W	5/1/1983	41	14980
Diane	M	5/19/1986	38	13866
Jim	H	5/15/1989	35	12774
Randy	L	5/1/1991	33	12058
Cliff	M	5/15/1993	31	11313
Linn	M	5/4/1994	30	10959
Jon	P	5/2/2000	24	8769
John	E	5/9/2003	21	7667
Chris	B	5/21/2006	18	6559
Chris	S	5/23/2006	18	6557
Kevin	N	5/25/2010	14	5094
Karl		5/13/2012	12	4375
Michael	McK	5/28/2013	11	3995
Stacia	T	5/7/2015	9	3286
Sally	D	5/1/2018	6	2196
Christine	L	5/13/2022	2	723
Trish	H	5/21/2022	2	715
Susan		5/31/2015	9	3262

Save the Date. Women's 12 steps in Depth 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. July 6, October 5, 2024. **Founders Day 2024 planning meeting** , 2024, Saturday May 1st, 2024, Sunday June 1st, 2024.

For information contact Emily C at 562-652-6330. **Camp Verde speaker meeting** Second Saturday in room 205 7:30pm to 9pm.

Round up committee meetings 3rd Wednesday 6:45pm. 8th Annual Arizona AA Women's Conference 6-28 through 6-30-24

Franciscan Retreat Center Scottsdale Registration, Lodging and all meals included. Azaawc.org for registration information. .

Treasurer's Report for April 2024

Group & Individual Contributions:

Placeholders Group	Sedona	\$165.59
Sedona Men's Solution	Sedona	\$87.00
As Bill See's It	Sedona	\$50.00
Tues. Traditional BB Study	Clarkdale	\$150.00
Quarterly Bday meeting 50/50	Cottonwood	\$14.00
Friday Night Live	Cottonwood	\$250.00
BBCA/Dr Bob Meeting	Cottonwood	\$500.00
Upon Awakening	Sedona	\$500.00
Sedona Acceptance Group	Sedona	\$118.50
Camp Verde Group	Camp Verde	\$500.00
Arts/Craft event 50/50	Cottonwood	\$32.00
Anonymous	Cottonwood	\$32.00
Total Contributions		\$2,399.09

Chip sales		\$62.00
Literature Sales:		\$432.50
Not A Glum Lot	Reimb. Liability Ins	\$50.00
Sedona United Methodist	Reimb. Liability Ins	\$50.00
		\$2,993.59

Expenses:

Mark Taylor	Office Rent	\$500.00
APS	Jtilities (2-16 thru 3-7	\$56.02
Carol L	imb. Pizza-Bday meeti	\$48.29
Jennifer T	Reimb. Cake-Bday me	\$39.31
Centurylink	one/Internet (3-22 to 4	\$124.18
Krystin W	Reimb. Activity eveni	\$117.45
Allegra Marketing	Buzz (April)	\$50.54
Walmart	Office (receipt books)	\$17.51
GSO	uarterly Contributio	\$1,500.00
Total Expenses		\$2,453.30

NET		\$540.29
Checking as of April 1		\$5,046.16
transfers (to) / from savings)	To Savings	\$983.99
Checking as of May 1		\$4,602.46

Savings Acct:

Beginning Balance		\$9,216.01
Deposits/Withdrawals	From Checking	\$983.99
Interest to Savings		\$0.07
Total in Savings Account		\$10,200.07
Prudent Reserve per By-Laws:		\$8,000.00

Set Aside Accounts (SSA):

Intergroup Liaison	\$2,000.00	\$0.00
Activities Chair	\$82.55	\$117.45
Total in SSA:	\$2,082.55	
Actual PR Balance:		\$8,000.07

Central Mountain Intergroup

Business Meeting Minutes

May 2024

3900 Western Dr., Suite C
Cottonwood, AZ 86326

The meeting was called to order at 7:00 pm by Chris D. followed by the Serenity prayer.

Attendees: Melanie A., Chris D., Tom S., Nancy J., Terri M., Spring G., Krystin W., Eva C., Mike C., Sean B., Mike D.

Secretary: Melanie read minutes from the March 14th meeting. Nancy J. motioned accept as read, and then amended due to treasurers report numbers. Krystin W. seconded the motion and it passed.

Treasurer: Nancy J. reported beginning balance \$1479.36 income \$1332.86 expenses \$1099.45 ending balance \$379.31. Amended treasurers report is Income 5150.95, Expenses \$455.00, \$182.00. Melanie motioned to accept as read. Sean B. seconded the motion. Motion passed.

CMI Chair: Chris D. is working on CMI contact list.

Alt CMI Chair: Mike C. nothing to report.

Intergroup liaison: open position. No report .

CPC/PI: Spring G. reported dropping off schedules and phone lists to businesses around town. She will be going to the Tribe wellness, all three libraries, police departments, Spectrum to drop off schedules and pamphlets.

Newsletter (Buzz): . Tanya not present sent newsletter with Melanie A. no other news to report.

Web Servant. Terri M. reported that website is up to date. Spam increasing from website making others aware, may constitute action later on.

Phone Coordinator. Tammy F. sent her report via Nancy J. Monday six am to noon shift is open and needs to be filled.

Office Coordinator: Nancy J. reported all office shifts Monday through Friday are filled.

Meeting List Coordinator Mike D. reported that the meeting list is up to date and will put in orders for more meeting lists.

Activities Coordinator: Krystin W. reported that chili cook off cancelled for now. Arts and Crafts workshop was April 27th from 3:30 to 5pm.

Birthday Meetings: Melanie A. reported that there was a good turn out of 24 people. Sobriety spanned from 6 days to 46 years. 50/50 raffle was 14 dollars and next meeting June 30, 2024 hosted by the happy hour group.

Old Business: Mike D. asked for update on venmo or zelle. Nancy J. will get with Spring G. about how to set up account. Venmo is less autonomous, so Nancy J. will concentrate on setting up zelle.

New Business Sean B. asked about the liaison duties and volunteered for that position. Mike D. motioned to accept the nomination. Krystin W. and Chris D. seconded the motion and it passed. Melanie motioned to close meeting at 7:52pm

The meeting adjourned at 7:52 followed by the Responsibility Declaration. Next meeting is May 8, 2024

Thank you for letting me be of service.
Melanie A