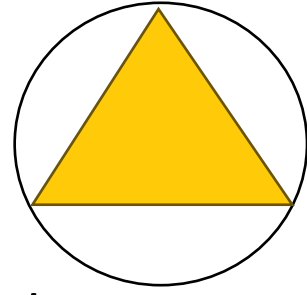


# VERDE VALLEY BUZZ...

Official Newsletter of the Central Mountain Intergroup  
Serving the entire Verde Valley and Northern America!



## February 2025

[vvaanewsletter@gmail.com](mailto: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



UNITY  
SERVICE  
RECOVERY

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

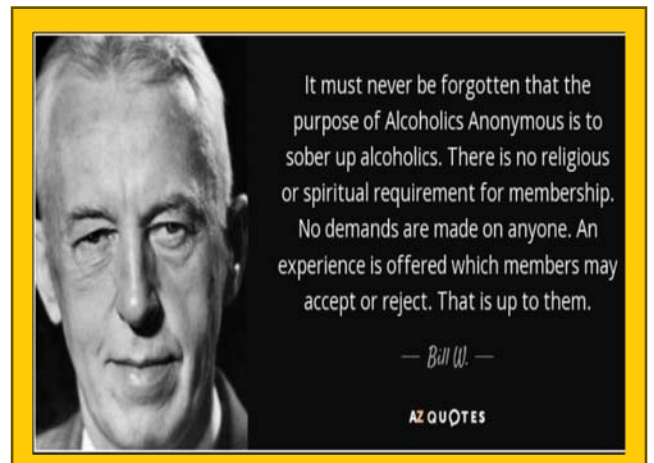
Tradition Two “Long Form” For our group purpose there is but one ultimate authority, a loving God as he may express Himself in our group conscience.

Concept Three – To ensure effective leadership, we should endow each element of AA- the conference, the General service Board and its service corporations, staff, committees, and executives-with a traditional ‘Right of Decision.’”

My experience in A.A. has been a trudging one for certain. If I am honest the steps present a \*NEW\* mode of being that allows for my moral compass to be redirected toward the direction of my creator as I understand my creator. After a few years in A.A. after some highs and lows, the regular day to day got monotonous. Get up, pray/affirm, meditate work on dispelling character defects, make amends then do a spot check inventory and continue to help others. Below were some great ideas that could help me to be a better standing member to A.A and reinvigorate my purpose in A.A as a whole.

Tradition One: Our common welfare should come first; personal recovery depends upon AA unity.

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members’ inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as “just for the sake of discussion,” plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?



**HONESTY + PURITY + UNSELFISHNESS  
+ LOVE**

**Central Mountain Intergroup**

January 9, 2025

Meeting Minutes

The meeting was called to order at 7:00 p.m. by Zach S., Chair followed by the Serenity Prayer.

Those present included Tom S., Literature; Nancy J., Treasurer and Office Coordinator; Mike C.; Terry M., Web Servant; Zach S., Chair; Krystin W., Activities Chair; Emily C., Secretary; Tammy Fahey, Phone Coordinator; Sean Bouchard, Intergroup Liaison; Chris Melillo; Sue Mozzone, IGR; Mike Danahy, Meeting List Coordinator; Chris D., Alt-Chair; Jeremy Hanon; and Mike McBride, Eye Opener IGR.

Secretary's Report- Emily read the December 12, 2024 minutes. Motion was made, seconded and carried to accept as read. Emily tried to track down the November 2024 minutes to no avail. It was decided to abandon the search and just carry on.

Treasurer's Report- Nancy presented the December report. A motion was made, seconded, and carried to accept as read. A request was made to have her still work on balancing the November report.

Chair- Zach thanked everyone for coming and is looking forward to our year together.

Alt-Chair- Chris D. present. No report

Liaison- Sean reported that Sub-District 14-141 is busy planning a spring picnic. Their next regular meeting will be on Monday, January 13th at the CMI office. District 14 is hosting the Pre-Conference Assembly April 4-6. Plenty of help is needed.

CPC/PI- Rebecca not present. No report.

Office Coordinator- Nancy reported that all is well. There are currently no open shifts.

Phone Coordinator- Tammy reported that the Monday 6:00 to noon and Friday 4:00-10:00 pm shifts are open.

Buzz- No current editor. No Buzz.

Literature- Tom reported that the literature and chips are well stocked. The office has the new Plain Language Big Books for sale.

Web Servant- Terry reported that all is well with the website.

Meeting List Coordinator- Mike will get new meeting lists printed in the next couple of weeks. The meeting list on the website is the most current list.

Activities Coordinator- Krystin said that the

Old Business

- The open positions include Buzz Editor, Literature Coordinator, and Meeting List Coordinator.

New Business

- Nancy J. was elected Treasurer for 2025.
- Nancy received an email from an undisclosed person pointing out the CMI was breaking Tradition 6 by promoting the Thanksgiving parties at the Alano Club and Stutz. All agreed that we'd done wrong and will not do that again.

The meeting was adjourned at 8:00 p.m. Yours in service.....Emily C.

<b>Central Mountain Intergroup</b>		
<b>Treasurer's Report for January 2025</b>		
<b>Group &amp; Individual Contributions:</b>		
Camp Verde AA	Camp Verde	\$50.00
CMI small misc in office	Cottonwood	\$28.00
Birthday meeting	Cottonwood	\$39.00
Tues. Night Trad. BB study	Clarkdale	\$200.00
Stay For It	Sedona	\$240.00
Freedom from Bondage	Cottonwood	\$94.25
Heart to Heart Women's	Cottonwood	\$50.00
Stutz Bearcat 2024 Alconthon	Sedona	\$320.00
A Vision For you	Cottonwood	\$150.00
Sedona Acceptance Group	Sedona	\$154.62
Chrysalis Womens Group	Sedona	\$140.00
Jaywalkers	Sedona	\$260.00
Slogans of Sobriety	Sedona	\$732.00
<b>Total Contributions</b>		<b>\$2,457.87</b>
<b>Chip sales</b>		<b>\$106.50</b>
<b>Literature Sales:</b>		<b>\$417.00</b>
<b>Total Income:</b>		<b>\$2,981.37</b>
<b>Expenses:</b>		
Mark Taylor	January Office Rent	\$500.00
APS	Utilities (11-16 thru 12-17)	\$55.80
CenturyLink	Phone & Internet (12-22 thru 9-21)	\$128.18
Krystin W	Reimbursed for B-Meeting	\$68.16
Latest Things	Purchased Chips	\$41.32
<b>Total Expenses</b>		<b>\$793.46</b>
<b>NET</b>		<b>\$2,187.91</b>
<b>Checking as of January 1</b>		<b>\$2,605.41</b>
<b>Transfers (to) or (from) Savings</b>		
<b>Checking as of January 31</b>		<b>\$4,793.32</b>
	Savings Acct:	
<b>Beginning Balance</b>		<b>\$9,689.19</b>
<b>Interest to savings</b>		<b>\$0.08</b>
<b>Total in Savings Account</b>		<b>\$9,689.27</b>
<b>Prudent Reserve per By-Laws:</b>		<b>\$8,000.00</b>
<b>Set Aside Accounts (SSA):</b>		
Intergroup Liaison	\$1,591.62	\$408.38
Activities Chair	\$146.55	\$53.45
<b>Total in SSA:</b>	<b>\$1,738.17</b>	
<b>Actual PR Balance:</b>		<b>\$8,000.27</b>
<b>Over/(Under) desired PR after SAA:</b>		<b>\$0.27</b>

**UPCOMING EVENTS**

CMI quarterly Birthday Meeting... Sunday, March 30th 2:00 pm – 3:00 pm CAKE, PIZZA and SOBRIETY CHIPS.  
1309 E Cherry St, Cottonwood, AZ

Sub – District 14-141 Annual Picnic... Sunday, April 13<sup>th</sup> 11:00 AM to 1:00 PM. River front park, Cottonwood.

Sub – District Meeting 14-141... 2<sup>nd</sup> Monday @ 7:00pm 3900 E. Western Dr, Suite C

CM Intergroup Monthly Meeting... 2<sup>nd</sup> Thursday @ 7:00 P.M. 3900 E. Western Dr. Suite C