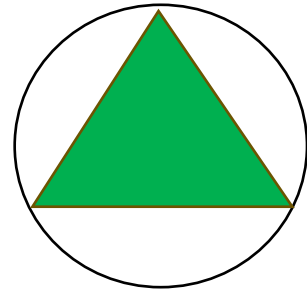


# VERDE VALLEY BUZZ...

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



## March 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 2. Came to believe that a power greater than ourselves could restore us to sanity.

Tradition 3. Our membership ought to include all who suffer from alcoholism. Hence we may wish to refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliations.

Concept 4. Throughout or Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation" taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

CONTROL... "If things just went as I designed them this would have never failed!" " Man oh man there is that guy messing around not taking this serious, no wonder he can't stay sober"... "Hey, did you hear what she said about that I can't believe she can stay sober thinking that way." It's my experience that this type of thinking soberly analyzing only leads to futility and unhappiness. What, can I bring rather than take away is a great saying I learned in the rooms. What, would the MASTER do is one of the best ideals to maintain my peace. CONTROL is what always leads me down a rabbit hole of pointless uncertainty. Below asking myself these questions before entering a meeting is a very useful tool to help be a part of rather than take away.

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

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

### 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

**HONESTY + PURITY + UNSELFISHNESS + LOVE**

Central Mountain Intergroup

February 13, 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 Mike C., Two Alternatives IGR; Terry M., Web Servant; Zach S., Chair; Emily C., Secretary; Sean B, Intergroup Liaison; Chris M, Buzz Editor; Jeremy Hanon, Literature; Mike McBride, Eye Opener IGR; Chance D, CVAA IGR; and Dave Harris.

Secretary's Report- Emily read the January 9, 2025 minutes. Motion was made, seconded and carried to accept as read.

Treasurer's Report- Nancy not present. Zach presented the January 2025 report as printed in the January 2025 Buzz. A motion was made, seconded, and carried to accept as read.

Chair- Zach had nothing to report.

Alt-Chair- Chris D. not present. No report.

Liaison- Sean reported that Sub-District 14-141 is busy planning a spring hamburger pot luck at Riverfront on April 13th from 11:00-1:00. Set-up is at 10:00. Bring a chair. Their next regular meeting will be on Monday, March 10 at 7:00 the CMI office. The All-District meeting is on Monday, March 17th in Camp Verde. Food is at 6:00. Meeting starts at 6:30. District 14 is hosting the Pre-Conference Assembly April 4-6 at the Prescott Resort. Plenty of help is needed. Registration for that event is now open on the Area 03 website. If you would like to go to the banquet dinner only and not attend the Assembly the cost for dinner is \$61.00. If you would like to hear the Saturday night speaker only that's free. Our DCMC Gabby is going to PRAASA in Anchorage, Ak. Gabby is available to help groups conduct a Group Inventory.

CPC/PI- Position open. No report.

Office Coordinator- Nancy not present. No report.

Phone Coordinator- Tammy not present. No report.

Buzz- Chris presented the January 25 Buzz. Thanks Chris.

Literature- Jeremy reported that all the literature is well stocked. He will be ordering chips soon.

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

Meeting List Coordinator- Mike D. not present. No report. New meeting lists are printed and in the office. These cost \$0.42 each.

Activities Coordinator- Krystin not present. No report.

Intergroup Representative Reports:

Two Alternatives- Mike C. present. No report.

Happy Hour Group- Sean B. reported that all is well. They are now giving out monthly chips up to 1 year. The meeting is full.

CVAA- Chance D. reported that Camp Verde now has a speaker meeting on the 3rd Saturday of the month at 5:30. The 5:30 Tuesday and Thursday meetings are no longer meeting.

Old Business

- Elections:
  - o We did not have a quorum so no voting could occur. CPC/PI is open.
  - o Gratitude Potluck- Krystin not present. No discussion.

New Business

- Allegra Printing is no longer in business. We need to find a new printer for our Buzzes and meeting lists. Mike C. volunteered to check out the prices of a printer in Sedona. Sean B. said he'd like to bid on this work also. We'll know more next month.
- Mike C. requested to have a CMI Officer phone list posted on the bulletin board in the office. Zach will take care of this.
- There is a Tuesday Men's group that is on the meeting list that needs to be put online. Please email Terry with this information.
- Zach needs a key to the office. He'll contact Nancy to get one.

The meeting was adjourned at 7:50 p.m. with the Responsibility Declaration.

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>
Interest to savings		\$0.08
<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>	
Actual PR Balance:		\$8,000.27
Over/(Under) desired PR after SAA:		\$0.27

**Group Contribution Mailing Addresses:**

General Service Office – P.O. 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 – P.O. Box 1168, Cottonwood, Az  
 86326