

Verde Valley Buzz...

The official newsletter of the Central Mountain Intergroup
Serving the Verde Valley and Northern Arizona
3900 E. Western Drive Suite C, Cottonwood, AZ 86326
Open Monday through Friday noon to 4:00 PM



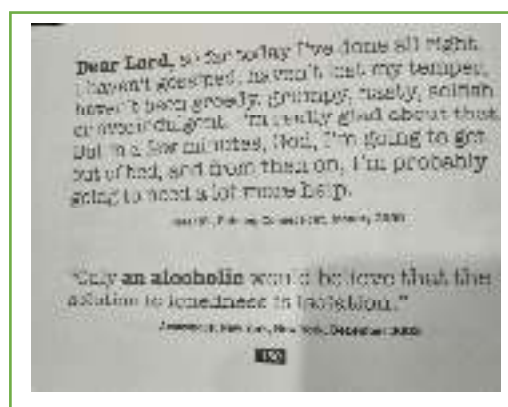
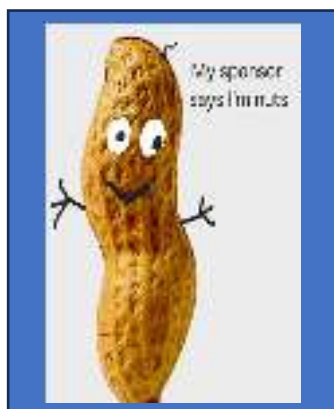
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June 2025

Page 62 of AA big Book

Selfishness - self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt.

So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us! God makes that possible. And there often seems no way of entirely getting rid of self without His aid. Many of us had moral and philosophical convictions galore, but we could not live up to them even though we would have liked to. Neither could we reduce our self-centeredness much by wishing or trying on our own power. We had to have God's help.



COMING EVENTS

[Quarterly Birthday Meeting](#)

We celebrate the birthdays from the previous three months! Join us and have a party and celebrate the gift of sobriety!

[Sub-District Meeting 14-141](#)

Sub-District 14-141 has its monthly meeting the 2nd Monday of the month at 6:30 PM. Join us and see how AA works from the inside.

2025 [International Convention](#)

Vancouver Convention Centre and BC Place Stadium 1055 Canada Pl, Vancouver, BC

Central Mountain Intergroup
May 8, 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; Nancy J, Treasurer; Mike M, Eye Opener IGL; Tammy F, Phone Coordinator; Dave H, Happy Hour IGL; and Chris D, Alt-Chair.

Secretary's Report- Emily read the April 13, 2025 minutes. Motion was made, seconded and carried to accept as read.

Treasurer's Report- Nancy presented the April Treasurer's Report. Motion was made, seconded and carried to accept as read.

Chair- Zach reported that he will not be able to make next month's meeting. Chris D. will fill in.

Alt-Chair- Chris D. present. No report.

Liaison- Sean reported that he does not have the Panel Topics for the June 7 Assembly yet. He will not be able to attend the Assembly. Should we have an Alternate IGL? 14-141 reported that they have approximately \$4,678 in their treasury. April 13th was a good speaker/picnic event. A good time was had by all. 14-141 will host a Delegate's Report Back event this fall in September or October after it cools off.

CPC/PI- Position open. No report.

Office Coordinator- Nancy reported that all shifts are filled!

Phone Coordinator- Tammy reported that the Thursday 4:00 pm-10:00 pm and Monday 6:00 am-12:00 pm shifts are open.

Buzz- Position open. No report.

Literature- Jeremy not present. No report.

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

Meeting List Coordinator- Mike D. not present. No report.

Activities Coordinator- Krystin not present. No report.

Intergroup Representative Reports:

Happy Hour- Dave reported that all's well.

Old Business

- Elections:
 - No one volunteered for the CPC/PI position.
 - Dave H. was elected to the Buzz Editor position.
- Thanks Dave!

New Business

- The Gratitude Potluck event was tabled.
- Discussion about having an Alternate Intergroup Liaison. It was decided that we wanted one and Dave H. was elected to fill the new position. His first Assembly will be June 7th in Tempe. Sean will 'train' him.

Save the date:

- July 3-6 A.A. International Convention in Vancouver.
 - August 1-3 Area 03 August Assembly in Yuma.
- August 29-31 Area 03 Convention in Litchfield Park. Payson Roundup.
 - October 24-26 Verde Valley Roundup in Camp Verde.
 - November 14-16 Area 03 Assembly in Lake Havasu City.

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

Yours in service.....Emily C.

Central Mountain Intergroup		
Treasurer's Report for May 2025		
Group & Individual Contributions:		\$50.00
Camp Verde AA March) Camp Verde AA		
Camp Verde AA (April)	Camp Verde AA	\$50.00
As Bill See's It	Sedona	\$40.00
Lunch Bunch	Cottonwood	\$50.00
Together We Can	Cottonwood	\$200.00
Total Contributions		\$390.00
Chip sales		\$42.50
Literature Sales:		\$153.00
Total Income:		\$585.50
Expenses:		
Mark Taylor	May Office Rent	\$500.00
APS	Utilities3-14 thru 4-15	\$63.78
CenturyLink	Phone & Internet 4-22 thru 5-21)	\$128.33
Latest Things	Chip purchases	\$39.88
Walmart	Office supplies	\$36.65
GSO	Contribution	\$400.00
The Print Hub	Printing of Buzz (May)	\$11.25
Total Expenses		\$1,179.89
NET		(\$594.39)
Checking as of May 1		\$2,657.69
Checking as of May 31		\$2,063.30
Savings Acct:		
Beginning Balance		\$9,745.51
Deposit		
Interest to savings		\$0.08
Total in Savings Account		\$9,745.59
Prudent Reserve per By-Laws:		\$8,000.00
Set Aside Accounts (SSA)		\$1,910.00
Intergroup Liaison \$2000.00-98.00		\$100.00
Activities Chair \$200-\$156.00+\$56.00		
Total in SSA: \$2,200.00		\$2,010.00

Actual PR Balance:	\$8,000.59
Over/(Under) desired PR after SAA:	\$0.59