

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

928-646-9428 | www.centralmountain.org



Sept 2025

AUGUST 2025 GRAPEVINE

Atheist & Agnostic Members

This month's featured section is "Atheist/Agnostic AA Members' Stories." Secular AA members share powerful, personal stories about the joys and challenges of getting sober and working the program of AA.

Need a Grapevine Subscription for the whole stories. Neener neener

From the BB page 25

There is a solution. Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation. But we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it. When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet. We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed.

The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves.

Central Mountain Intergroup

August 14, 2025
Meeting Minutes

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

Those present included Mike C., Two Alternatives IGR; Terry M., Web Servant; Emily C., Secretary; Dave H, Happy Hour IGR, Buzz; Val M, Heart to Heart IGR; Sue M, As Bill Sees It IGR; Nancy J., Treasurer; Chris D., Alt-Chair; Jessie J., Eye Opener IGR.

Secretary's Report- Emily read the July 10, 2025 minutes. Motion was made, seconded and carried to accept as read.

Treasurer's Report- Nancy read the July Treasurer's report. Motion was made, seconded and carried to accept as read. She also presented the May Treasurer's. Motion was made, seconded and carried to accept as read.

Chair- Zach reported that the September meeting will be his last meeting here as he is moving. Chris D., Alt-Chair, will fill in after that.

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

Liaison- Dave went to the Area 03 Assembly in Yuma. Said #11 and #12 passed. They voted in a new Trustee.

CPC/PI- Shawn not present. No report.

Office Coordinator- Nancy reported that the Wednesday 12:00-4:00 office shift is open.

Phone Coordinator- Tammy not present. No report. Nancy reported that all the phone shifts are full.

Buzz- Dave had printed an August Buzz. He had inadvertently included an activity that was not A.A. sponsored. Those Buzzes will not be distributed. July's minutes and Treasurer's Report are on the CMI website.

Literature- Jeremy not present. No report.

Web Servant- Terry reported that all is well with the website. He will be rotating out of his commitment in December. We will need a replacement Web Servant. He has a thorough job description ready for the new person.

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

Activities Coordinator- Krystin not present. No report. Nancy reported on the upcoming Pool Party from 7:00-9:00 pm on August 23 at the pool in Camp Verde.

Intergroup Representative Reports:

Eye Opener- Jesse's group needs some Native American pamphlets.

Old Business:

None

New Business

- Chris D. will proofread the September edition of the Buzz.
- The CMI Liaison will bring the estimated cost of their trip to the next Assembly for approval before they go to the event.

Save the date:

- September 27 Delegate's Report Back Potluck 11-1 at the Verde Valley Fairgrounds Art Building. 10:00 setup.
- October 24-26 Verde Valley Roundup in Camp Verde (camping).
- November 14-16 Area 03 Assembly in Lake Havasu City.

The meeting was adjourned at 7:55 p.m. with the Responsibility Declaration. Yours in service.....Emily C.

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

Central Mountain Intergroup		
Treasurer's Report for August 2025		
Group & Individual Contributions:		
Julie	N/A	\$27.00
Camp Verde AA	Camp Verde	\$50.00
As Bill See's It	Sedona	\$45.00
Camp Verde AA	Camp Verde	\$50.00
Anonymous	N/A	\$5.00
Total Contributions		\$177.00
Chip sales		\$54.00
Literature Sales:		\$536.00
Total Income:		\$767.00
Expenses:		
Mark Taylor	August office Rent	\$500.00
APS	Utilities (6-16 thru 7-16)	\$63.01
CenturyLink	Phone & Internet (7-22 thru 8-21)	\$126.51
Dave H	Reimb. For Aug. Assembly	\$688.01
GSO	Pamphlets & Literature	\$504.73
The Print Hub	Printing of August Buzz	\$34.84
Total Expenses		\$1,917.10
NET		-\$1,150.10
Checking as of August 1		\$2,086.08
Checking as of August 31		\$935.98
Savings Acct:		
Beginning Balance		\$9,745.76
Interest to savings		\$0.08
Total in Savings Account		\$9,745.84
Prudent Reserve per By-Laws:		\$8,000.00
Set Aside Accounts (SSA):		
Intergroup Liaison	\$2000.00 -98.00-688.01	\$1,213.99
Activities Chair	\$200 - \$156.00 + \$56.00-100.00	\$200.00
Total in SSA:		\$2,200.00
Actual PR Balance:		\$8,000.76
Over/(Under) desired PR after SAA:		\$0.76

An excerpt from EMOTIONAL SOBRIETY p 18

The person I used to be is always waiting around the corner. If I close my eyes, I can see him. He' cussing and complains wearing a black leather jacket, smoking a butt, leaning with his back against a building and one knee bent. He's waiting for me to split a six-pack and join him in cussing and complaining and cutting down everything from his x boss and the Army to the church, academia, the government and AA.

But when I close my lips to vicious talk, the old me gets tired of waiting around for someone to commiserate with him. When I say only positive things, the old me disappears. He just doesn't want to hear it.

**SUB-DISTRICT 14-141 SONORAN HOT DOG
DELEGATE'S REPORT BACK POTLUCK!!!**

**SATURDAY, SEPTEMBER 27, 2025
10:00-11:00 SETUP
11:00-12:00 POTLUCK
12:00-1:00/1:15 BLAS'S REPORT
1:15-2:00 CLEAN-UP**

**COTTONWOOD FAIRGROUNDS
ART BUILDING
800 E. CHERRY ST.
COTTONWOOD**

BRING YOUR FAVORITE DISH TO SHARE

**INFORMATION CALL EMILY
562-652-6330**

Area 03 Election Assembly

November 15th and 16th, 2025

The Nautical Beachfront Resort

Address: 1000 McCulloch Blvd N, Lake Havasu City, AZ, 86403

Hotel Booking Phone: 1-800-892-2141
Use Group Code **500674** to book over the phone.

Booking link: <https://be.synxis.com/?Hotel=36618&Chain=13044&arrive=2025-11-14&depart=2025-11-16&adult=1&child=0&group=500674>

Registration Fee: **\$50.00** "PRE-REGISTRATION APRECIATED"

Make checks payable to: Arizona Area Committee
Mail form to: District 09-904, PO Box 1453 Lake Havasu City, AZ, 86405

First Name: _____ Last Name: _____
Name of Badge: _____ Home Group: _____
Address: _____ City/State/Zip: _____
Email: _____ Phone: _____
District: _____ Service Position: _____
Registration: \$50.00 Total Enclosed: _____
Special Needs: _____

For questions contact: novemberhost@area03.org
<https://area03.org/november-assembly>



SAVE THE DATE!

Area 03 CPC & Treatment Conference

**WHEN
Saturday, October 18th
8am – 12pm**

**WHERE
Church of the Epiphany
2222 S Price Rd. Tempe, AZ 85282**

Flyer coming soon!

Spanish interpretation will be provided

For more information contact:

**Isaac B.
CPC@Area03.org
(928) 642-8067**

**Paul T.
Treatment@Area03.org
(480) 636-6240**



SENIORS IN SOBRIETY

Senior Alcoholics Reaching Out to Other Senior Alcoholics

The average age of our membership is 52, and 55% are over 50!
Seniors In Sobriety

"provides an organization and activities that enable senior alcoholics in recovery to connect with each other and with other seniors who have become afflicted with the disease of alcoholisms later in life"

**Coping with change through sharing our
Experience, Strength and Hope**

As we grow older, we experience an increasing number of major life changes, including career transitions and retirement, children leaving home, the loss of loved ones, physical and health challenges...and even a loss of independence.

By sharing how we handle and grow from these changes is often the key to healthy aging and maintaining sobriety.

**Come and share Your Experience, Strength and Hope
with us this Sunday and every Sunday on ZOOM**

4:00 PM Pacific Time
5:00 PM Mountain Time
6:00 PM Central Time
7:00 PM Eastern Time

Meeting ID: 896 364 78945
Pass Word: SIS2022
Web Site: Seniorsinsobriety.com

MIRACLE ON THE RIVER
TOGETHER WE THRIVE IN 2025
October 31st - November 2nd
REGISTER ONLINE!
www.HavasuaARoundup.org

With Al-Anon Participation

Save The Date

35th Annual River Round Up

AA

Spirit of the Universe

JAN | 8-10 | 2026

**LOCATION:
DON LAUGHLIN'S RIVERSIDE RESORT HOTEL & CASINO
1650 S Casino Dr, Laughlin, NV 89029**

**2026 THEME AND SHIRT LOGO: SPIRIT OF THE UNIVERSE
(AS DISPLAYED ABOVE)**

**STAY TUNED MORE DETAILS REGARDING REGISTRATION,
HOTEL INFO, MEALS, SWAGS WILL BE AVAILABLE SOON!**

**FOR QUESTIONS OR TO VOLUNTEER CONTACT CENTRAL
OFFICE AT 928-783-4499**

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TRAIL TO SERENITY

APACHE LAKE CAMPOUT

November 7th, 8th & 9th 2025

REGISTRATION OPENS JUNE 09, 2025

No Registration Fee
CASH ONLY at EVENT

- ◇ AA & AI-Anon Speaker Meetings and Workshops
- ◇ Campfire Meetings
- ◇ Saturday Night Raffle
- ◇ Kids' Activities and Raffle
- ◇ Free Coffee
- ◇ Restrooms and Showers Available
- ◇ \$50.00 Pet fee per pet paid to the Resort (2 pets max per room)
- ◇ Please bring lawn chairs
- ◇ ALL DOGS MUST BE ON A SECURE LEASH

Apache Lake 2025

Registration

Lynn S: 602-909-7281
David S: 480-272-0231
Andrea R: 602-882-5867

To Volunteer

Tom O: 602-500-8148
Mike D: 480-685-1352

Event Chairperson

Mike H: 916-792-9962

Partial Schedule

Full agenda at the event

- Friday:**
AI-Anon Panel Mtg: 6:00pm
AA Speaker: 8:00pm
- Saturday:**
AA Workshop: 9:30 am
AI-Anon Speaker: 10:45am
AA Young Speaker: 3pm
AA Speaker: 8:00pm
Raffle: after AA Speaker
- Sunday:**
AA Speaker 10am

Refer to website for updates on Hotel, credit cards & pets

Up to date information on directions:

<https://apachelake.com/the-road/>

The following items are ONLY available through the Apache Lake Marina & Resort

- ◇ Camping: \$30.00 per Carload for 2 Nights (Fri/Sat): Wed/Thu \$10 per night; all other nights \$30 per night. ***Paid directly to Apache Lake Marina & Resort upon arrival.***
- ◇ RV Camping (Dry and Hook Up) - Call Apache Lake Resort
- ◇ Boat Rental / Wet Slips

Mail in deadline for hotel rooms is October 13th, 2025

Please DO NOT contact Apache Lake Marina to book hotel rooms

- ◆ Hotel rooms sell out quickly. Registration is available on our website. Rooms are booked on a first come, first serve basis determined by date-stamp (internet/snail mail). When booking online, you will receive confirmation, however room assignments are not given at time of reservation.
 - ◆ Campsites are first come, first serve. No reserved campsites. There are plenty of spaces available. ***If camping please register online/email mail but payment will be made directly to Apache Lake Marina Resort at the event.*** ALL CAMPERS ARE TO CHECK IN W/ THE LAKE.
- Reservations are transferable but not refundable after October 13th.

VISIT OUR WEBSITE

TRAILTOSERENITY.ORG



VERDE VALLEY Roundup!



JOIN US OCTOBER 24TH UNTIL 26TH

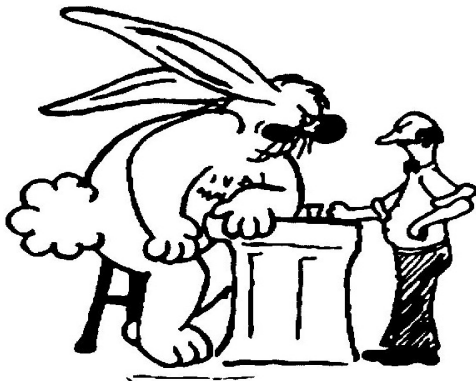
Bring the family out for a fun weekend of camping, speaker, fellowship, and recovery in the Verde Valley!

POKER RUN • CORNHOLE • BINGO • MUCH MORE

Plenty of entertainment and fun to be had at Jackpot Ranch. Come and enjoy a full weekend with your friends in recovery.

REGISTER ONLINE AT VERDEVALLEYROUNDUP.ORG

Jokes from the Grapevine



"I'm not an alcoholic—I'm a big rabbit!"

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"That was a cute chick you married last night!"

9