

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



Feb 2026

928-646-9428 | www.centralmountain.org

Step two

Step 2 of Alcoholics Anonymous states: **"Came to believe that a Power greater than ourselves could restore us to sanity."** This step encourages individuals to move from a state of hopelessness to one of hope, recognizing that recovery is a journey that requires trust in a higher power. It builds upon the acknowledgment of powerlessness from Step 1 and invites individuals to embrace the possibility of divine restoration.

Step 2 Prayer

[A commonly used prayer associated with Step 2 is as follows:](#)

["Heavenly Father, I come to You in faith, believing that You are the Power greater than myself who can restore me to sanity. I acknowledge my need for Your guidance and strength. Help me to trust in Your ability to restore my life and grant me the courage to continue my recovery journey."](#)

Willingness Versus Belief in Step Two

You may not believe in a Higher Power when you start AA, but that doesn't disqualify you from the program. Your willingness to try to understand the spiritual beliefs of the program can look, at first, like showing up to meetings, asking questions, or listening to your peers.

"Believe that a power greater can help" doesn't mean you are spiritually confident.

Rather, it suggests that you're willing to accept that your own efforts alone haven't improved your daily life. One tip is to replace the word "believe" with "consider" as you start mulling over the notion of a relationship between us and the power.

Central Mountain Intergroup Meeting Minutes Th1/8/2026 3900 E. Western Dr. Suite C Cottonwood, AZ Open Serenity Prayer Chris D. called meeting to order at 7:05 pm Attendance: Mike C. - Literature Chair Nancy- Office Coordinator/Treasurer Tammy- Phone Service Chair Diane- Heart to Heart Rep Stephanie M - Lunch Bunch Rep Dave H - Buzz Newsletter Tina F - subbing for Camp Verde Rep Mike - Eye Opener - 7am Cottonwood Sue M - As Bill Sees It Rep - Sundays AM Steps December Secretary Report from Emily C. - not present tonight - Minutes read by Mike Dave H - Motion to approve minutes as read Nancy - seconded Unanimously approved Treasurer's Report - Nancy Contributions \$1,847 - December- Total Income:\$2,130.50 Expenses:\$1074.20 - Net: \$1,129.20 - Activities:\$42.21 - Bank Checking: \$2,370.41 Total in Savings acct \$8,960.13 Prudent Reserve By-Laws \$8,000.00 Amend "November's office rent" to read "December" in printed report Reports: Chair: No report Alt: no report - Both Chairs Open - Chris D. filled in to chair tonight CMI Liaison: Dave H.- No Report Office Coordinator: Nancy - All M-F Noon - 4pm shifts in office are covered; Chair Open Phone Coordinator: Tammy - Sun,W,Th overnight shifts are open; not sure who does Mondays Website: Chris D. - in process; will meet with Mike to takeover Literature: Mike C.- new chair orders over \$500 get free shipping for books; different company for sobriety chips and medallions Buzz: Dave H.- No Report Meeting List Coordinator: No Report - Chair Open Activities Chair: Krystin - Not Present - No Report New Business: Group Representative Reports: Diane M - Heart to Heart Women's Th Noon meeting at Alano Club - in person meetings going strong; good attendance;step meetings alternating with topics Stephanie M - Lunch Bunch M-F Noon meetings at Alano Club- good attendance; * I took the liberty of adding the names of our New Chairs for daily meetings: M - Daily Reflections - Chair Tina F; Tues - As Bill Sees It - Chair Denise; W - Hear and Now with Women's World (Momentum) participation - Chair Mycah; Th - 12 x12 -Twelve Steps and Twelve Traditions - Chair Christine (alternates weekly Step Study with Tradition Study; F - Big Book Topic - Chair Scott Dave H - 5:30 pm M - F meetings at Alano Club - going strong Mike - M-F 7am Eye Opener at Alano Club - good attendance- loss of Old timer Member Des Celebration of Life - Sat Jan.24,2026 2pm at Alano Club Sue M - As Bill Sees It- Sunday mornings at 9:00am-getting lots of visitors - Sedona - most meetings at 44 Stutz Bearcat Dr. Sue M. has been the only Intergroup Representative from Sedona meetings for past year: Thanksgiving and Christmas all day meetings and dinners were well attended; Barbara - AA member from Sedona - elected new District Chair, DCM, for Verde Valley - Sub District 14-141; Area 3-state of AZ New Business: CMI Open Chairs: Secretary: Open - Stephanie M - taking notes tonight; will consider taking position Treasurer: Open - Nancy - will stay on as needed; Discussion on group contributions 50-30-10-10: *I took the liberty of adding this information to the minutes for new members - which means 50% to CMI; 30% to Sub-District 14-141; 10% to Area 3(AZ); 10% to WSO(NY) as outlined in the AA group service manual CMI Chair: Diane M - willing to take position with Chris's help; Tina- Motion to nominate Diane as Chair; Stephanie- seconded; Passed unanimously; Sue M. willing to back her up; Tina - Motion to nominate Sue M for Alt. Chair; Stephanie - seconded; Passed unanimously CPC/PI Chair: Bonita "Bo" will stand for position; we can vote her in next CMI meeting Meeting List Coordinator: Open; Tammy volunteered to do it; passed unanimously Phone Coordinator: Tammy will continue as Chair for this position as well Activities Chair: Krystin; not present Discussion about moving CMI Office to Alano Club on Cherry St; safety, cost, and conflict of interest concerns; general consensus to stay on Western Dr. for now *starred because I took the liberty of adding these items to the minutes in light of being a trusted servant Next month's meeting: Th 2/12/2026 Closed Meeting at 8:08 pm with Responsibility Declaration Respectfully Submitted, Stephanie M (970)310-9184 stephminton@gmail.com

Group Contribution Mailing Addresses:

General Service Office | P.O. Box 2407, James A Farley Station, N.Y., N.Y. 10116-2407

(NEW) Area 03 Committee |3661 N Campbell Ave #605 Tucson AZ 85719

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 January 2026		
Group & Individual Contributions:		
Stay For It	Sedona	\$229.50
N/A	N/A	\$22.00
Two Alternatives Group	Cottonwood	\$126.75
Sedona Men's Solutions	Sedona	\$93.00
Sedona Acceptance Group	Sedona	\$281.13
The Eye Opener	Cottonwood	\$191.80
Camp Verde AA	Camp Verde	\$50.00
Lunch Bunch	Cottonwood	\$50.00
Total Contributions		\$1,044.18
Chip sales		\$39.00
Literature Sales:		\$12.00
Total Income:		\$1,095.18
Expenses:		
Mark Taylor	January office Rent	\$500.00
APS	Utilities (11-14 thru 12-16)	\$61.94
CenturyLink	Phone & Internet (12-22 thru 1-21)	\$126.99
Krystin W	Reimb. For Bday meeting	\$72.58
Total Expenses		\$761.51
NET		\$333.67
Checking as of January 1		\$2,307.41
Transfer from Savings		
Checking as of January 31		\$2,641.08
Savings Acct:		
Beginning Balance		\$9,070.13
To Set Aside Account	Activities	(\$201.87)
To Set Aside Account	Intergroup Liaison	(\$786.01)
Interest to savings		\$0.08
Total in Savings Account		\$8,082.33
Prudent Reserve per By-Laws:		\$8,000.00
Set Aside Accounts (SSA):		
Intergroup Liaison		\$2,000.00
Activities Chair		\$200.00
Total in SSA:		\$2,200.00
Actual PR Balance:		\$8,000.13
Over/(Under) desired PR after SAA:		\$0.13

New meetings

If you have a new meeting starting:

Send me A text with info at Docdavecmi@yahoo.com and I will Put it in the BUZZ the next month.

It has to last 1 Month to get it listed on the CMI web site and 3 months to get it on the printout. After 1 months you can fill out the meeting change sheet on the Centralmountain.org on the meeting list. Dave H.

FEBRUARY 2026 | GETTING THROUGH TOUGH TIMES | FEATURED SECTION FROM THE GRAPEVINE

When the News is Not Good **BY: K.V. | PEABODY, MASSACHUSETTS**

When I was sober about five months, I started going back to the doctor and got a physical. I had avoided doctor visits like crazy when I was actively drinking.

“You’re at the age to start getting mammograms,” my doctor told me. I silently tried to dispute her math, but she and her computer system were right. I was due for a mammogram. A month later, on a Thursday, I went in for a biopsy, which all my friends assured me was a routine procedure. I wasn’t worried at all.

The following Monday I was working, when I got an email with my test results. “Invasive ductal carcinoma,” it read. None of those words sounded good to me. I called my husband and said, “I think I have cancer. Something called ‘invasive ductal carcinoma.’” I heard the clacking of a keyboard in the background, and he calmly advised that I should call my doctor and then take the rest of the day off. My doctor called within 10 minutes to confirm what the report said. It was not good news. I felt overwhelmed, sad, panicked and afraid.

Right then I thought of the liquor store just up the street, where the clerks knew me by name. The insidious nature of my alcoholism told me to drive there and get a bottle. After all, no one would blame someone with cancer for picking up. AA would take me back after my relapse. All these thoughts played out in my head.

But instead I called my sponsor. She didn’t pick up. Determined, I urgently scrolled through my contacts. I had at least 30 AA contacts now—30 reasons not to drink. I thought, This is why they tell you to get phone numbers!

In my first days and weeks of sobriety, I hated getting phone numbers. I had been alone drinking for so long that I had forgotten how to speak to another human being. So that day I forced myself to make calls, because AA told me to. And I thank God that I did.

Before I could reach my first AA contact, my sponsor called back. I told her what was up. I needed to hear her say, “You don’t really want to drink, you’re just uncomfortable.” Then I needed to get to a meeting right away to hear myself say, “I’m an alcoholic.”

My early days with this cancer were taken one moment at a time, just like AA taught me. It turns out I’m going to be OK, and I didn’t have to drink through it. I celebrated a year sober in October 2023.

Now, when something awful happens and I feel like drinking, instead of thinking, AA will take me back if I relapse, I think, Will I ever make it back to AA if I relapse?

I hope I never have to find out.

A Prayer that was given to me

Indian Prayer

Oh great Spirit, whose voice I hear on the winds
And whose breath gives life to all the world.

I come to you as one of your children;

I am weak... I am small... I need your wisdom and
strength.

Let me walk in beauty and make my eyes ever
behold the red and purple sunsets.

Make my hands respect the things you have made.
And make my ears sharp to hear your voice.

Make me wise, so I may understand what you have
taught my people.

And the lessons you have hidden in each leaf and
rock.

I ask for wisdom and strength Not to be superior to
my brothers,

but to be able to fight my greatest enemy, Myself.

Make me ever ready to come before you with clean
hands and a straight eye So that when life fades
away as a fading Sunset, my spirit may come to you
without shame.

A-HO