

# 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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## Happy New Year

### Discussion Topic

The writer of "A Moment of Reflection" shares thoughts about growing up, drinking to escape and how his past affects his adult life today and the way he processes emotions. In sobriety, he's learned through Step work, meditation and prayer to listen more and be more present. "I uncovered something ... and today I want to remember it," he writes. "I hope and pray that I will do this more."

Have you had moments like this, where you heard a share that helped you? How have you dealt with emotions in sobriety? Do you still struggle with emotions? How has sobriety helped you? What are some AA tools that help? Do you seek outside help or share your thoughts with others?

You may use this topic at a discussion meeting, or send us your own emotional sobriety journey at [www.aagrapevine.org/share](http://www.aagrapevine.org/share)



*"My sponsor says I need to make amends for stealing your cheese."*

—Jen H., *Woodstock, III*



*"First explain to me what a 'slip' is ..."*

**John B.**