

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



March 2026

928-646-9428 | www.centralmountain.org

Grapevine Caption Contest Winner



"Would you just look at that neighbor's yard across the street?"

What a mess!"

—Mike G., Ontario, Canada

*"As an alcoholic, I have a problem with two things:
change... and the way things are."*

Understanding Step 3

The primary way that any 12-step fellowship encourages its members to approach sobriety is to work the steps methodically. The third step is a massive one that brings the early stages of the steps to a close. This step requires members to have 'decided to turn our will and our lives over to the care of God as we understand Him,'.

This is a significant moment. We admitted in the first two steps that our lives had become unmanageable and that only a Higher Power could restore us to sanity. We realized that we had not been good to ourselves. We have consistently tripped ourselves up instead of making good and healthy decisions. During this process, we realized we needed to get out of our own way. It was time to "let go and let God," as an old AA adage goes.

How to Work Step 3

Here, we put that knowledge to use. As a result, the third step is regarded as the first "action step." The first two involve a critical acceptance, contemplation, and reflection process. The third step entails giving up some of our most destructive behavior in favor of a healthy and productive relationship with a Higher Power. Surrendering to and daily communication with a Higher Power are both heavily emphasized in 12-step programs.

We let go of our attempts to control our own lives, which have led us to increasingly dark places. Instead, we allow ourselves to believe in and follow the path that the Higher Power has chosen for us.

Open Serenity Prayer

Chair Diane Mc called meeting to order at 7:00 pm

Attendance: Chair-Diane Mc- CMI Rep Women’s Heart to Heart Group; Alternate

Chair-Sue M- CMI Rep As Bill Sees It : Tina F-sub for Camp Verde CMI Rep Bill;

Cancion-sub for Mike-CMI Rep 7:00am Eye Opener and interested in CPC/PI; Dave H-

CMI Rep Happy Hour Group-Buzz Editor-CMI Liaison to Sub-District 14-141; Stephanie

M- CMI Rep Lunch Bunch Group; Mike C-Literature-CMI Two Alternatives Group;

Chris D- Website; Bo-Camp Verde Group - came to stand for CPC/PI; Nancy J-

Treasurer & Office Coordinator Reports:

Stephanie M - will stand for CMI Secretary- Voted and approved by group in

attendance; Read CMI Meeting Minutes from last month January 8, 2026; Chris made

motion to accept minutes as read; Tina seconded-passed unanimously

Treasurer’s Report-Nancy J; passed out copies of written report and read it; Dave H

made motion to accept as written; Chris seconded; passed unanimously.

Chair - Diane Mc - New - No Report

Alt Chair - Sue M - New; mentioned how important doing our business face to face is, like these CMI monthly meetings, and how important face to face meetings are to AA as a whole.

CMI Liaison – Dave H - No Report

CPC/PI– Stephanie made motion to accept Bo as Chair; Tina seconded; passed

Office Coordinator- Nancy J– looking for a replacement-sobriety requirement; 2 yrs

and 1yr commitment; She will continue as Treasurer until a replacement is found-

sobriety requirement 5 yrs and 2 yr commitment.

Phone Coordinator– Tammy - not present - No Report; Meeting List Coordinator- also

Tammy - she needs help with it; please ask around for people from your home group,

who may be willing to fill this important position, thank you.

The Buzz - Dave H - Sent News to printer today; did not get January CMI minutes in

time to be published in February; Needs CMI Meeting minutes by the Sunday before

the next month’s CMI Meeting; Stephanie agreed she will get them to him by then; she

will also email last month’s meeting minutes dated 1/8/2026 to CMI Reps to report to

their group’s business meeting this month. Literature - Mike C -

Big Book prices will be going up soon; cost right now only \$11; buy books now while

available at this price; we are stocked up on chips; just put in order for sobriety

medallions for 50 plus years; needed some last year for sobriety birthdays and CMI

Office did not have any available.

Website - Chris D - working on updating meeting list; took multiple calls from groups

wanting to be added to it; Discussion on how that happens: Nancy J. – there is a

process; Dave H; we need copies of the by-laws to find out; Nancy found some by-

laws and Diane passed them out; Nancy - a group must be meeting at least 3 months

before they can be added to the meeting list; there is also a place on the website

where you can access the link to add it after meeting has been going 3 months; Tina -

what is the actual website address? Chris - centralmountain.org; Tina made a motion

to put CMI 1/8/2026 mtg minutes on the website, since it was too late to put them in

the Buzz this month; Nancy seconded; passed; Tina - What is an Ad Hoc

Committee?(from by-laws handout) Discussion; Stephanie looked it up after meeting

– Unlike a standing committee, like the CMI, “an Ad hoc committee is a temporary

task specific group established by a council or board to investigate, analyze, and

make recommendations on a particular, short term issue, usually disbanded upon

fulfilling their mandate.”

Chris also had a complaint about not being able to print the meeting list directly from

website; he will look into the possibility of changing that for the future; right now you

have to download the mtg list and save it to print it on your computer.

Activities – Krystin - not present she mentioned to Stephanie that she is looking for

new ideas; Dave suggested an event using his Karaoke Machine.

New Business: Passed around a sheet for everyone in attendance tonight to sign their

name, email address, and phone number; Nancy made copies and passed them out.

Diane asked Stephanie to make a Master List to send to everyone digitally; she

agreed. Nancy said the Landlord changed the Internet and Phone Service last

week from Century Link to Sparklight; better service and \$20 less/month;

unfortunately, the land line was accidentally cut, but will be fixed by tomorrow

morning, F 2/13/2026. Next month’s meeting: Th 3/12/2026

Closed Meeting at 8:00 pm with Responsibility Declaration

Respectfully Submitted, Stephanie

Group Contribution Mailing Addresses:

General Service Office | P.O. Box 2407, James A Farley Station, N.Y., N.Y. 10116-2407 30%

(NEW) Area 03 Committee | 3661 N Campbell Ave #605 Tucson AZ 85719 10%

District 14-141 | P.O. Box 708, Sedona, AZ 86339 10%

Central Mountain Intergroup | P.O. Box 1125, Cottonwood, AZ 86326 50%

CMI H&I Committee | P.O. Box 1168, Cottonwood, Az 86326

Central Mountain Intergroup		
Treasurer's Report for February 2026		
Group & Individual Contributions:		
As Bill See's It	Sedona	\$40.00
Tues. Womens Meeting	Cottonwood	\$50.00
We Are Not A Glum Lot	Cornville	\$109.50
Total Contributions		\$199.50
Chip sales		\$28.00
Literature Sales:		\$45.00
Total Income:		\$272.50
Expenses:		
Mark Taylor	February office Rent	\$500.00
APS	Utilities (12-16 thru 1-15)	\$60.65
CenturyLink	Phone & Internet (1-22 thru 2-22)	\$126.89
Latest Things	Chip purchase	\$67.40
Dave H	Reimb. For February Buzz printing	\$33.90
Total Expenses		\$788.84
NET		-\$516.34
Checking as of February 1		\$2,641.08
Transfer from Savings		
Checking as of February 28		\$2,124.74
Savings Acct:		
Beginning Balance		\$9,070.21
To Set Aside Account	Intergroup Liaison	(\$786.01)
To Set Aside Account	Activities	(\$201.87)
Interest to savings		\$0.07
Total in Savings Account		\$8,082.40
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:		\$8,000.28
Over/(Under) desired PR after SAA:		\$0.28

A sentence I picked out of a Grapevine from years ago: "It is amazing the capacity of the Ego to bypass experience."

Bob I.

Ham on Wry

BY: MANNING P. | RICHMOND, CALIFORNIA

A TRUE STORY: One night, a man goes to a party and has too much to drink. His friends plead with him to let them take him home. But he refuses, explaining that he lives only a mile away.

Five blocks from the party, the police pull him over and ask him to get out of the car to walk the line. Just as he's about to give it a try, the police receive a call on their radio about a robbery taking place down the street. "Stay put," one of the officers tells him. "We'll be right back," and off they go to the robbery.

Well, the guy waits and waits, but since the police don't show up he decides to drive home. When he gets there, he tells his wife he's going to bed. "Tell anyone who might come looking for me," he instructs her, "that I've been in bed with the flu all day."

A few hours later, the police knock on the door and ask to see Mr. X. "I'm sorry," says the wife. "He went to bed with the flu and has been there all day." Without blinking, the police produce the guy's driver's license and ask to see his car. So she shows them the way to the garage, opens the door, and . . .there's the police car, lights still flashing.

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 Centralmountain.org 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.

BY: DAVID F. | MANHATTAN, N.Y.

HEARD AT MEETINGS

The trouble with staying home alone and isolating is you get a lot of bad advice.

Secret Formula for Success

BY: W. D. | NEW HAMPTON, IOWA

I DIDN'T STOP being compulsive when I stopped drinking. I early became obsessed with the idea of devouring every word the General Service Office, AA World Services, Inc., and Works Publishing ever printed.

Thus I came to know our co-founder Bill W. posthumously.

He told me many times in his writings his "hidden" formula for success in this Fellowship. In *As Bill Sees It*, the wording goes: "Honesty with ourselves and others gets us sober, but it is tolerance that keeps us that way."

Years later, I was to learn from a man who spent countless hours in our AA archives at GSO that Bill arrived at this formula in a moment of high stress and low tolerance. After Bill had addressed at length a session of the first Yale School of Alcoholism Studies, a wise guy in the back of the crowd spoke up. "This is all very good, Mr. W--," he said. "But could you condense your program into a single sentence for us?"

Gripping the lectern, Bill responded through clenched teeth, "Honesty gets us sober, and tolerance keeps us sober."

The effect on me of repeated readings of this formula was riveting. At once, I set out with a will to make myself tolerant. I sought tolerance with the passion of a desperate quest. The obvious fields for my impassioned search were philosophy, theology, and humanistic psychology. It seems now as if I read more than a hundred books in the six months I spent on this fruitless quest.

Oh, it worked--up to a point. But intolerance in others, especially AAs, continued to trip my trigger. Then at a meeting, I was given a gift of inestimable value: a surefire, cognitive method to achieve tolerance.

A man who had spent fourteen years sleeping on benches and under bridges--a real low-bottom drunk whose IQ was perhaps half mine--was the instrument through which this gift was delivered. He said simply, "I learned early on in this program that I can't be grateful and intolerant at the same time."

Gratitude is an attitude I can *choose*.

My friend taught me a lesson in tolerance that I pray I will never forget. He also taught me something about humility. When the student is ready, as Bill used to say, the teacher will appear.

Does Prayer work?

Won't know until you try it.

The Full Original Copy of the Serenity Prayer by Reinhold Niebuhr (1892-1971)

[God](#), give us grace to accept with serenity
the things that cannot be changed,
Courage to change the things
which should be changed,
and the Wisdom to distinguish
the one from the other.

Living one day at a time,
Enjoying one moment at a time,
Accepting hardship as a pathway to peace,
Taking, as Jesus did,
This sinful world as it is,
Not as I would have it,
Trusting that You will make all things right,
If I surrender to Your will,
So that I may be reasonably happy in this life,
And supremely happy with You forever in the
next.

Amen.

Native American Prayer

YOU don't know how an apple tastes until you taste it. You don't know
What a fish tastes like until you taste it. You don't know what its like to
be a woman unless you are one. You don't know what it means to have
A Baby until you have one. So it is with the natural law of forgiveness
says, if you hate someone, pray for the person to be blessed with
happiness, joy and all the blessing of the Great Spirit. You will not know
about this law unless you do it. The natural law says love others as you
love yourself. If you hate yourself or feel guilt in some area of yourself,
you will tend to judge and condemn your neighbor. You cannot give
away what you don't have. You teach your children by your example, not
Your words. The natural laws are written in our hearts.
Great Spirit, teach me how to look into my heart.

A-HO

A Prayer for Strength and Courage

Dear Great Spirit, I call upon You
to grant me the strength and
courage to face the challenges
that lie ahead. May I walk with
bravery, facing difficulties with a
heart full of faith. Empower me
to overcome obstacles and
stand firm in my beliefs, guided
by the wisdom of my ancestors.

**“Have I not commanded you? Be
strong and courageous. Do not be
afraid; do not be discouraged, for
the Lord your God will be with you
wherever you go.” Great Spirit,
give me the strength and courage to
walk boldly on the path You have set
before me. Amen.**