

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



April 2026

AA Step 4: Make a Searching and Fearless Moral Inventory of ourselves.

Knowing, Understanding, and Experiencing are NOT the same. We're fooling ourselves when we think we can understand psychic or spiritual experiences and psychological transformations – BEFORE we've experienced them.

UNDERSTANDING comes later — after we've had the experience produced by 'taking' the 12 Steps. For now, take the actions — and see what happens AFTER we have our AWAKENING experience in Step 12

The purpose of taking the 12 Steps — is so that you can experience being comfortable — while sober!

There is much more to sobriety than just being physically sober. There is more to sobriety than having the obsession for alcohol removed. Sober isn't much fun – unless we can find a way to be happy and thriving while sober. And that's what taking the 12 Steps will do for you.

To be happy WHILE sober requires emotional sobriety.

The Fourth Step is an action step towards PHYSICAL and EMOTIONAL sobriety.

In Step 3, We made a decision to give up our old plans for living and to try A.A.'s 12 Step Plan for Living.

Step Four is a fact-finding and fact-facing process. We are searching for the "causes and conditions that produced our miserable results in life!

We want to discover the attitudes, thoughts, beliefs, fears, actions, behaviors, and the patterns – that have been blocking us, causing us problems and causing our failure.

We want to learn the exact nature our "character defects" and what causes us to do the unacceptable things we do – so that once they are removed – we can acquire and live with new attitudes, thoughts, beliefs, actions and behaviors for our HIGHEST good, and for the HIGHEST good of those with whom we come in contact.

This prepares us to live a life of purpose – where we can be in maximum fit condition to be of service to others.

Everything contained in the Fourth Step can be found in Inventory Worksheets that can be found on the Web that are distilled directly from the book – Alcoholics Anonymous.

How Step 4 of AA Fits Into Your Recovery Journey

The 12 Steps were designed to be completed sequentially and are intended to be guides, not rigid statutes, that accompany a person's recovery process. Each Step doesn't have to be completed perfectly, and you may move through certain Steps or revisit them at certain times in your recovery.

Step 4 follows [Step 3 of AA](#), which states that we "Made a decision to turn our will and our lives over to the care of God as we understood Him," and precedes [Step 5 of AA](#), which states that we "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

The Old Troll my first sponsor told me that I had to find out what my character defects were Before I could see how my Short Comings and my Motives effected how I think and react to others. That's how I started the Fourth Step with this in mind.

Group Contribution Mailing Addresses:

% only suggestion

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 Meeting Minutes Th 3/12/2026

3900 E. Western Dr. Suite C Cottonwood, AZ 86326

(928) 646-9428

Chair Diane Mc called meeting to order at 7:00 pm, Opened meeting with Serenity Prayer Attendance: Chair-Diane Mc- CMI Rep Women’s Heart to Heart Group; Alternate Chair-Sue M- CMI Rep As Bill Sees It-Sun AM Sedona; Tina F-sub for Camp Verde CMI Rep Bill; Stephanie M-CMI Secretary- CMI Rep Lunch Bunch Group; Mike C-Literature-CMI Two Alternatives Group; Chris D- Web Servant; Bo- Chair CPC/PI; Nancy J-Treasurer & Office Coordinator; Tammy F-Phone Coordinator & Meeting List Coordinator Reports:

Secretary- Steph M- Read minutes from CMI mtg last month 2/12/2026; Bo made motion to accept minutes as read; Tammy seconded-passed

Treasurer-Nancy J; passed out copies of written report and read it; mentioned that next month the P.O. Box and insurance need to be renewed; Tammy made motion to accept as written; Bo seconded; passed unanimously

Chair - Diane Mc – Attended Area 03 GSR/IGL Workshop in Sedona on March7, 2026 with Larry Stanley our Area 03 Delegate as a guest Speaker. Larry’s Power Point presentation was very informative. Our new DCM for sub-District 14-141 Barbara H reported that there were 141 in attendance and her committee did a great job with food and hosting. Diane was given a few minutes to share with the group about CMI. She is the new Chair; so far we have representation from some of the groups in the Verde Valley sub-District14-141, but there are still a lot more groups out there that are not represented, so please get the word out to send someone to represent your group at CMI. Office Coordinator- Nancy J – looking for a replacement-sobriety requirement- 2 yrs with 1yr commitment; She will continue as Treasurer also, until a replacement is found-sobriety requirement 5 yrs with 2 yr commitment. Also, we need volunteers to help with a few overnight shifts with the phone service, and we need a new Meeting List Coordinator.

Alt Chair - Sue M – Sue asked if anyone was aware of the 7

th Tradition collected at the

Sedona all day meetings for Thanksgiving and Christmas holidays 2025? She will inquire, since last year they made a substantial contribution to CMI after the holiday meetings. CPC/PI Chair-Bo- She is going to host a CPC/PI meeting next month on the third Saturday, which is April 18, time and location TBA, to gather people from all over the Verde Valley to brainstorm where to place CPC/PI pamphlets and info for the public. Get the word out in your groups for ideas and for people interested in getting involved with this committee.

Office Coordinator-Nancy- she lost a volunteer for Mondays 12-4pm; ask your home group members if interested; she is filling in for the time being.

Literature Chair - Mike C – We got our sobriety medallions for 50 plus years into the office; keep pushing Big Book sales; they come 20 per case; \$11/per book; we need a lot to send in an order equaling \$500, so that NY pays for shipping; otherwise, too costly for just a few books. Of course, there are also other Conference approved literature available for sale at CMI Office.

Web Servant - Chris D – reported that everything on the website is up to date; included CMI

meeting minutes from January and February 2026; still doesn’t know who gets email? Meeting List Coordinator-Tammy-reported receiving .pdf of meeting schedule from previous meeting list coordinator, so now she can work with it on-line; she added some new meetings, but wasn’t sure about all of them; Chris is working on this with her; asked about printing paper schedules? We have an account with The Print Hub; she will go in to meet them and then email the list; they print 500 copies at a time; CMI IGR’s pick them up at the Office and disperse them to their groups.

Phone Coordinator-Tammy-answering service for overnight 12 step calls; entire system log in has changed due to new Sparklight server; as of right now, she and Nancy are logging in volunteers for their shifts, until they can learn the new system; once you do it a few times, it’s easy; OPEN Shifts: Sunday 12-4pm, Monday 6am -12pm, Tuesday 10pm-6am, Wednesday 4pm-10pm and 10pm-6am, Thursdy 4pm-10pm

Activities Coordinator- Chair Krystin- not present; texted Diane, as of this evening, resigned The Buzz and CMI Liaison-Dave H -not present

New Business:

Does Dave H want to continue as CMI liaison? Nancy and Mike will ask him tomorrow; he is the Friday afternoon office volunteer; Sue M- how many hits do we get on the website each month? Chris will look into it.

Save the Date: April 10-12, 2026 Area 03 Pre-Conference Assembly in Tucson

Next month’s meeting: Th 4/9/2026

Closed Meeting at 8:04 pm with Responsibility Declaration

Respectfully Submitted, Stephanie M

Central Mountain Intergroup		
Treasurer's Report for March 2026		
Group & Individual Contributions:		
Camp Verde AA	Camp Verde	\$50.00
Slogans of Sobriety	Sedona	\$497.50
Women's Club	Cottonwood	\$35.00
Stay For It	Sedona	\$255.50
Sisters of the Red Rocks	Sedona	\$40.00
Lunch Bunch	Cottonwood	\$50.00
Camp Verde AA	Camp Verde	\$50.00
As Bill See's It	Sedona	\$60.00
Total Contributions		\$1,038.00
Chip sales		\$84.00
Literature Sales:		\$314.00
One Day At A Time meeting	Reimb. For Annual Building Insurance	\$50.00
Total Income:		\$1,486.00
Expenses:		
Mark Taylor	March office Rent	\$500.00
APS	Utilities (1-15 thru 2-17)	\$68.43
Sparklight	Phone & Internet (1-30 thru 3-29)	\$213.27
USPS	PO Box Annual Fee	\$196.00
Print Hub	February & March Buzz printing	\$67.80
Auto-Owners Insurance	Annual Building Insurance	\$561.00
Walmart	Office supplies (water&receipt books)	\$23.70
Total Expenses		\$1,630.20
NET		-\$144.20
Checking as of February 28		\$2,124.74
Transfer from Savings		
Checking as of March 31		\$1,980.54
Savings Acct:		
Beginning Balance		\$9,070.28
To Set Aside Account	Intergroup Liaison (\$786.01)	
To Set Aside Account	Activities (\$201.87)	
Interest to savings		\$0.07
Total in Savings Account		\$9,070.35
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:		\$8,000.35
Over/(Under) desired PR after SAA:		\$0.35

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.

Also if you have an event send it to the above web site as a pic and it will be in the next Buzz. Thanks Dave

MEETINGS THAT MAY NEED YOUR HELP

Does your meeting need help?

Send me an email docdavecmi@yahoo.com

Saturday Night at 7:00 PM We Care at Alano club.

This is a fun meeting with animal poker Card you draw that gives you your topic Page In the BB.



District 14 – 141 Picnic



Date: Sunday, April 26

Location: Riverfront Park in Cottonwood
1284 E. River Front Road

10:00 setup

11:00 potluck

12:00 speaker

1:00-ish-2:00 cleanup

Speaker: Linn M.

Bring your own chairs
Hamburgers will be served

In the Right Place

On the verge of my 37th belly button birthday, I found myself in the pit of an unfathomably deep spiritual despair, despite the fact that materially I possessed more than I needed.

For the rest of these stories

Sign up for the AA,s Grapevine AT aagrapevine.org

Grapevine Daily Quote March 27

"Alcoholics Anonymous was nurtured in its early days around a kitchen table ... True, we have progressed materially to better furniture and more comfortable surroundings. Yet the kitchen table must ever be appropriate for us. It is the perfect symbol of simplicity."

AA Co-Founder, Dr. Bob, September 1948, "The Fundamentals in Retrospect", Spiritual Awakenings: Journeys of the Spirit

[Sign up to receive GV's Daily Quote](#)

Why I Get Involved

When I got sober, the GSR of my home group believed that area assemblies were a bunch of politics and a waste of time and money. Any real AA work happened locally, at the home group and Intergroup and Central Office level, answering the phones and working one-on-one with drunks.

True enough, this is Twelfth Step work, but it isn't everything there is to do in AA service—not by a long shot.



Geoff C.

"If you're such a 'high-functioning alcoholic', then where are your pants?"
 Geoff C.

HERB CAEN of the San Francisco *Chronicle* advised his teen-age readers that if they wanted to soak off the cover of a certain Beatle Album to uncover the "banned" cover underneath, they should soak the album in Daddy's gin, as the glue used was insoluble in water. A week later the following incident was reported.

One of his readers, the mother of three teen-age daughters, took him literally and marched down to the local liquor store. "I'd like a quart of the cheapest gin you have," she ordered. "You see, I want to soak the cover off a Beatle album."

"It's O.K., dearie," smiled the clerk knowingly, "We all have our reasons."

From 1966 Grapevine

EARLIER THAT EVENING, this guy had sat up at a bar and drunk himself into oblivion. Deciding to go to the bathroom, he slid off his barstool and fell straight to the floor. The bartender leaned over and said, "You need help?"
 "No thanks," said our hero, "I'll just go here."

1966 Humer

A man who looked like a high-powered business executive began to drop in at Milton's bar regularly, and his order was always the same: two martinis. After several weeks of this, Milton asked him why he didn't order a double martini instead of two singles.

"It's a sentimental thing," the customer answered. "A very dear friend of mine died a few weeks ago and before his death he asked that when I drink I have one for him too." A week later the customer came in and ordered only one martini. "How about your dead buddy?" Milton asked. "Why only one martini today?"
 "This is my buddy's drink," the man said as he gulped the martini down. "I'm on the wagon."

1996 Humer

SYLVIA, A LIFELONG DRUNK, gets struck sober in AA and decides she wants to live after all. She goes on a diet, quits smoking, starts working out, dyes her hair, and even gets a new set of teeth. A few months later, she gets up one morning, looks at herself in the mirror with great satisfaction, puts on her best clothes, goes out for a walk, promptly falls into an open manhole and dies instantly. She gets to the Pearly Gates and yells, "God! How could you do this to me?"

God says, "To tell you the truth, Sylvia, I didn't recognize you."

You can read all these stories if you get a subscription to the AA Grapevine