

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



Oct 2026

928-646-9428 | www.centralmountain.org

AA's Tenth Step is: "Continued to take personal inventory and when we were wrong promptly admitted it."
It is a daily practice of self-reflection, emotional awareness, and immediate correction of mistakes to maintain sobriety and emotional balance.

Up to this point in your recovery, [Steps one](#) through nine have taught you to see the truth about your behavior and how the rest of the world responds to your actions. With this awareness you can now clearly see what is going on during every moment of your day. The purpose of AA's tenth Step is to demonstrate to yourself that you can control your actions. You are no longer functioning like a robot under the weight of old habits or while not thinking about what you are doing.

Step 10 isn't always easy to define or understand. Of course, you are aware of your actions, but are you taking inventory and admitting when you're wrong or when you've done wrong? This personal responsibility [is critical to successful recovery from alcohol addiction](#). An example of working step 10 might be getting angry when someone cuts you off at a traffic light. Just as you begin to form the profanities to hurl from your open window, you recognize that the other driver will not be improved by your anger and would benefit more from your demonstration of the right way to react to anger or stress. Instead of hurling abuse, you smile as you pass the driver, even if it's not a real smile. By responding to a conflict or anger with grace, you have used step 10.

Another example might be that you didn't get a recent promotion. When your boss tells you it is due to poor work performance, you disagree, and because you're angry, you tell him off. Working the 10th Step of AA doesn't mean that you don't get angry ever again, or that you don't make mistakes. It means that if you do, you admit when you're wrong. So immediately after your outburst, you calm down and apologize to your boss for your inappropriate reaction. Step 10 doesn't require you to go into a long explanation about why you're wrong or to make excuses for it. It requires only that you admit you're wrong.

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September Mountain Intergroup Meeting Minutes
 3900 E. Western Dr. Suite C Cottonwood, AZ 86326 (928) 646-9428
 Chair Diane Mc called meeting to order at 7:02 pm; Opened meeting with Serenity Prayer
 Attendance: Chair-Diane & IGR Women's Heart to Heart Group; Alternate Chair-Sue M &
 IGR As Bill Sees It-Sun AM Sedona; Bill R - Camp Verde IGR; Stephanie M-CMI Secretary &
 IGR Lunch Bunch Group Cottonwood; Mike C-Literature & IGR Two Alternatives Group;
 Debra - IGR Eye Opener Cottonwood; Barbara N - IGR Monday Acceptance Group Sedona;
 Chris D- Web Servant; Dave H - The Buzz Chair; Nancy J- CMI Treasurer & CMI Office
 Coordinator; Tammy F-CMI Phone Coordinator & CMI Meeting List Coordinator
 Secretary- Stephanie M- Read minutes from CMI mtg last month 8/13/2026; Chris D
 motion to accept minutes as read; Sue seconded-passed
 Thank you Chris for making CMI Open Chairs and Responsibilities flyers!
 Treasurer-Nancy J; passed out copies of written report and read it; doing well; thank you
 Mike for the fire extinguishers; Chris D motion to accept as written; Mike seconded;
 passed
 CPC/PI Chair- Janele-Absent; will be back next month; Chris D gave her the book to read;
 Janele's husband is ill, but Chris D will meet with her again to review
 Office Coordinator-Nancy- all 5 weekday shifts are filled by volunteers; we have a leaky
 toilet Literature Chair - Mike C - ran out of large print Big Books; ordered half a case;
 ordered sobriety chips-all stocked up; new 5th Edition Big Book may cost up to \$20 more-
 coming out in February 2027
 Web Servant- Chris D - reported that everything on the website is up to date; included
 posting open CMI Chairs and Responsibilities; found out email is going to mdanahy,
 working to take him off; will take down post for needing the Buzz Chair; will post amended
 July CMI Meeting Minutes; will take down Quarterly CMI Birthday Meeting until further
 notice
 Phone Coordinator & Meeting List Coordinator-Tammy-Absent due to illness; call Nancy J if
 interested in overnight telephone shifts
 The Buzz Newsletter -Dave H - will print one this month; goes out before our monthly
 meeting from previous month's business; after minutes have been accepted by the whole
 group.
 IGR Reports:
 IGR Camp Verde - Bill R - All is well; Game Night Friday 9/11 at 8pm following 7pm
 meeting
 IGR Eye Opener Cottonwood - Debra - well attended due to treatment centers and
 recovery homes sending clients; Debra is on the committee for VVR registration; suggested
 to ask groups if they would like to run a meeting during the marathon meetings at the
 Round Up; sign-up sheet will be at the registration table at the entrance gate of Raven
 Loop where Round Up will be happening
 IGR Happy Hour Group Cottonwood-Diane R - Game Day/Pool Tournament Fundraiser for
 VVR @ Alano Club Saturday September 12, 2026 1-4pm
 IGR Monday Acceptance Group - Church of the Rockies Sedona -
 Barbara N asked for flyers with CMI and VVR information to take back to group and post;
 Stephanie will bring some
 IGR Sunday a.m. As Bill Sees It Sedona -Sue M - will take flyers to Stutz Bear Cat to post for
 other groups too
 IGR Lunch Bunch Cottonwood - Stephanie M- nothing new to report; good attendance
 from visitors and newcomers
 IGR Women's Heart to Heart Cottonwood - Diane - same; good attendance and good
 meetings

New Business:
 Discussion on opening Central Office on Saturdays; consensus is that it isn't worth it in the
 Verde Valley right now
 Debra asked about the CMI Liaison's role; the liaison serves as CMI's GSR, attends all
 district meetings and assemblies, and reports back to CMI
 CPC/PI Chair Janele: Diane will contact her to confirm whether she can continue in the
 position; a CMI chairperson who misses three consecutive meetings is no longer
 considered active
 Discussion on whether or not to continue Quarterly Birthday Meetings; Stephanie
 motioned to take it back to your groups and ask what they want to do about it; Debra
 seconded; passed
 Debra announced that the Verde Valley Round Up need's volunteers; business meetings
 are held at 5:30 p.m. on the third Wednesday of each month at the Alano Club; printed
 registration forms are available on the table at the Club

Next month's meeting: Th October 8, 2026
 Closed Meeting at 8:05 pm with Responsibility Declaration

Respectfully Submitted, Stephanie M

Inter Group: "An alcoholic is a man with two feet firmly planted in mid-air."
 is like an umbrella. It won't work unless you put it up."
 is a person who finds he has nothing in common with himself."
 cuts; time also cuts all heels."
 matter of long, slow work. One can't go from a heel to a halo in twelve easy lessons!"
 Manhattan: "When I look at a new prospect I say to myself, 'If you don't take a drink, feller, you'll be where I am, and
 if I *do* take a drink, I'll be where you are--in no time flat'."
 lose your health is to keep drinking to other people's."

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 O
 Committee | 3661 N Campbell Ave #605 Tucson AZ 85719 10%
 District 14-141 | P.O. Box 708, Sedona, AZ 86339 10% Centra
 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 September 2026		
Group & Individual Contributions:		
As Bill See's It	Sedona	\$150.00
Upon Awakening	Sedona	\$600.00
Heart to Heart Women's	Cottonwood	\$25.00
As Bill See's It	Sedona	\$100.00
Lunch Bunch	Cottonwood	\$50.00
Stay For It Group (zoom)	Sedona	\$399.59
		\$1,324.59
Chip sales		\$38.00
Literature Sales:		\$405.00
Total Income:		\$1,767.59
Expenses:		
Mark Taylor	September (Office Rent)	\$500.00
APS	Utilities (7-17 thru 8-14)	\$54.73
Sparklight	Phone & Internet (8-30 thru 9-29)	\$122.42
GSO	Purchase of Literature	\$168.00
Latest Things	Purchase of Chips	\$59.16
Walmart	Purchase (T.P. Envelope, P.T.)	\$22.21
Fry's	Water for CMI office	\$5.16
Total Expenses		\$931.68
NET		\$835.91
Checking as of September 1		\$5,455.62
Transfer from Savings		
Checking as of September 30		\$6,291.53
Savings Acct:		
Beginning Balance		\$9,070.74
To Set Aside Account	Intergroup Liaison (\$786.01)	(\$786.01)
To Set Aside Account	Activities (\$201.87)	(\$201.87)
Interest to savings		\$0.07
Total in Savings Account		\$8,082.93
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:		\$8,000.00
Over/(Under) desired PR after SAA:		\$0.62

Greenwich: "A.A.
 White Plains: "An alcoholic
 Manhattan: "Time heals all
 Inter Group: "The twelve steps are a
 matter of long, slow work. One can't go from a heel to a halo in twelve easy lessons!"
 Manhattan: "When I look at a new prospect I say to myself, 'If you don't take a drink, feller, you'll be where I am, and
 if I *do* take a drink, I'll be where you are--in no time flat'."
 Nassau: "The surest way to

Do You Have An AA Event

Send a copy of your flier to docdavecmi@yahoo.com
And I'll put it in the Buzz. Easy as two frogs on a log.



Group conscience

Today, I woke up and decided to quit drinking cold turkey. By noon I was negotiating with myself. By 2:00 p.m., I had formed a committee. By 5:00 p.m., the committee voted unanimously to get drinks. And by 6:00 p.m., I didn't even remember electing anybody.

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..

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 and I'll put it in the Buzz

TWO ALTERNATIVES Moved

NAH Hospital Main building, Conference Room C

CMI elections November 12

CMI office 3900 E Western Dr

We need Activities Chair

Treasurer

Office Coordinator

CMI Liaison

On the guest list

Q: What's the difference between AA and Al-Anon?

A: Any old drunk can get into AA.
But to get into Al-Anon, you gotta know somebody.

Kenneth C.



When loneliness comes

I was sitting in an AA meeting surrounded by laughter and hugs. People were shaking hands, pouring coffee and chatting about their week. It looked like people all around me were connected socially. But inside I felt completely alone. I smiled, nodded and even laughed at the right moments, but the truth was that I was aching with loneliness. It was a strange kind of loneliness—the kind that shows up even when I’m not alone.

I used to think something was wrong with me for feeling that way. When I mentioned it, people would say, “You shouldn’t feel lonely,” or “Why didn’t you call me?” or worse, “You know, loneliness is really self-centeredness.” They meant well, but I heard shame between the lines, like I was failing at sobriety by having feelings. So I stopped mentioning my loneliness.

Instead, I stayed busy. I made coffee, chaired meetings, took service positions and smiled through it all. On the outside I looked fine. Inside, though, I felt unseen and disconnected.

Then one night a woman in our meeting shared something that broke through my defenses. She said, “Sometimes I feel lonely even in a room full of people. Usually it’s because I’m not letting anyone really see me.” I felt that deep in my chest. I realized I was hiding behind activity and appearance, trying to look like the perfect AA member instead of an honest one.

After the meeting, I walked up to the woman and said, “I really related to what you said.” She smiled softly and replied, “Yeah. Me too. It gets better.” That was all—no fixing, no advice. Just truth. And somehow, that simple exchange made me feel seen again.

Today I’m not as lonely as I used to be. But when loneliness does visit, I know it will pass—because I’ve seen it happen. Some bouts of loneliness take longer to fade than others, and that’s OK too. My loneliness shows up in weird ways: anger, control, fear, busyness and even servility. And that’s OK. The old saying is true: You’re a human being, not a human doing. But sometimes I have to do to be—because once I reach that quiet space again, the loneliness fades.

When I recognize that I’m lonely—not crazy or broken—I can lean into the discomfort and move through it. Sometimes I call a friend, and sometimes I don’t. Either way, I have the tools and the experience to know that sobriety doesn’t mean I only feel happy or connected. It means I get to be human—and that’s enough to keep going, one day at a time.

BY: NIKKI O. | MAINE

Story from the Grapevine