

Verde Valley Roundup 2026

— AT DEAD HORSE RANCH STATE PARK —



Life Beyond our Wildest Dreams

★ SPEAKERS ★

🌵 JOE C - SAN DIEGO
 🌵 BARBARA D - COTTONWOOD
 🌵 ANDREW N - CAMP VERDE
 🌵 MIKE A - TENNESSEE
 🌵 BEKI P - TEXAS

OCTOBER 23-25, 2026

≡ BRING YOUR OWN CHAIR! ≡

VerdeValleyRoundUp.org

Spicing things up

One evening after supper Mary's drunk husband asked her if they could spice up their love life a bit. Maybe they could switch positions sometime.

"Sure," Mary replied. "You go to the sink and wash dishes, and I'll sit on the couch, drink beer and belch."

Dusty B.

Hancock, Maine

OCTOBER 2026 | LONELINESS | FEATURED SECTION

A Sense of Belonging

BY: JAKE B. | CHEYENNE, WYOMING

After he lost his best friend alcohol, loneliness set in. Luckily, he had a sponsor and AA tools to help

Loneliness is the "L" in the AA slogan H.A.L.T.—one of the four dangerous states that can lead to relapse. In my early days, I understood the other letters: Hungry, Angry and Tired. Those were known feelings for me. But loneliness? I didn't truly meet loneliness until I got sober. Today, with nine years of recovery, I've realized that loneliness wasn't just a feeling; it was the void I had been trying to drown for years.

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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

ARE YOU GRATEFUL FOR YOUR SOBRIETY?

Please let us help you take your next step to enhance your RECOVERY!

You ask HOW?

By Being of Service!

You ask WHY?

To experience: Gratitude, Humility, Commitment, Willingness & Because You Can!

You ask WHERE?

Central Mountain Intergroup
3900 E. Western St.
Cottonwood, AZ

You ask WHEN?

7:00pm – 8:00pm
2nd Thursday of the month

You have Questions?
Call us at 928-646-9428

We are very excited to see you there!

Unity ~ Service ~ Recovery



Arizona Area 03

of Alcoholics Anonymous Presents
PRE-CONFERENCE ASSEMBLY 2027

A weekend of AA service, fellowship, and participation.

Hosted by District 14

Prescott Resort and Conference Center

1500 East State Route 69

Prescott, AZ 86301

March 19 to March 21, 2027

We are forming a committee
and welcome volunteers
for various service areas.

To get involved, contact:

Ana Owens

949-584-5628

My sponsor didn't coddle me. He said,

"Loneliness is a part of life, and we have to learn to deal with it. The Steps will teach you to be comfortable with yourself and work on a relationship with a Higher Power so that you're never truly alone."

That was a paradigm shift for me. I realized I had been using the

Fellowship as a distraction rather than a foundation. To get through the loneliness, I had to develop a relationship with a Higher Power and, perhaps more dauntingly, with myself.

For the full story its in the Grapevine.