# 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

Nov 2026

## Step 11 of Alcoholics Anonymous is: "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

### What Step 11 Means

Step 11 shifts recovery toward building a **daily spiritual practice**. It emphasizes two actions:

- **Prayer** — asking for guidance and willingness to follow it. **editation** — quieting the mind to listen and strengthen "conscious contact" with a Higher Power.
- The step limits requests to **knowledge of a Higher Power's will** and **the strength to carry it out**, reinforcing humility and reducing attempts to control outcomes.

### Daily Practice (Morning & Evening)

**Morning**

- Quiet prayer or meditation
- Setting intentions for the day
- Asking for guidance rather than control

**Evening**

- Reviewing the day: resentments, honesty, kindness, apologies owed
- Reconnecting with values and recovery goals

God, direct my thinking today so that it be empty of self-pity, dishonesty, self-will, self-seeking, and fear.
God, inspire my thinking, decisions, and intuitions.
Help me to relax and take it easy.
Free me from doubt and indecision.
Guide me through this day and show me my next step.
God, show me what I need to do to take care of any problems.
I ask all these things that I may be of maximum service to You and my fellow man.
Amen"

Central Mountain Intergroup Meeting Minutes
September 10, 2026

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, 2026Closed Meeting at 8:05 pm with Responsibility Declaration

Respectfully Submitted, Stephanie M

## 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 | | |
|---|---|---|
| **Treasurer's Report for October 2026** | | |
| **Group & Individual Contributions:** | | |
| Cottonwood Steps | Cottonwood | $100.00 |
| Sedona Acceptance | Sedona | $510.26 |
| Sedons Reflections | Sedona | $148.40 |
| Freethinker Living (zoom) | Cottonwood | $40.00 |
| Camp Verde AA (Sept & Oct) | Camp Verde | $505.00 |
| Chrysalis Women's | Sedona | $262.50 |
| Sedona Mens Solution | Sedona | $71.00 |
| Sedona Acceptance (zoom) | Sedona | $97.50 |
| | | $1,734.66 |
| Chip sales | | $34.00 |
| Literature Sales: | | $208.00 |
| **Total Income:** | | $1,976.66 |
| **Expenses:** | | |
| Mark Taylor | October (Office Rent) | $500.00 |
| APS | Utilities (8-14 thru 9-16) | $64.30 |
| Sparklight | Phone & Internet (9-30 thru 10-29) | $122.42 |
| GSO | Quarterly Contribution | $3,214.96 |
| Latest Things | Purchase of Chips | $114.93 |
| GSO | Purchase of Literature | $545.20 |
| The Print Hub | Printing of Meeting list | $186.73 |
| Total Expenses | | $4,748.54 |
| NET | | -$2,771.88 |
| Checking as of October 1 | | $6,291.53 |
| Transfer from Savings | | |
| Checking as of September 30 | | $3,519.65 |
| **Savings Acct:** | | |
| Beginning Balance | | $9,070.89 |
| To Set Aside Account | Integroup Liaison ($786.01) | ($786.01) |
| To Set Aside Account | Activities ($201.87) | ($201.87) |
| Interest to savings | | $0.08 |
| Total in Savings Account | | $8,083.09 |
| 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: | | $0.70 |

# Getting the Help We Need

With family, AA and outside care, he finally found the right balance to live a happy, productive, sober life

I'm an AA member who is recovering from both alcoholism and a mental health condition. It's not something that I talk about much in meetings, but that's me.

When I came into AA, I loved it. I was trying to do everything that was suggested, yet I was struggling with quiet desperation and intrusive thoughts. I felt like I was going crazy. I was coming out of my skin and the only release I could find was through self-harm, which was getting bad.

Finally, one day I mentioned to an older member of the group that I was cutting myself. He looked very concerned and told me, "This sounds like more than just alcoholism."

A few days later, he showed up at my house with four other members from my AA group. My fiancé had arranged for an intervention. She let them in. I walked into the living room, unaware that these AA members were there to convince me to seek outside help. It must have been so uncomfortable for them, but they probably saved my life.

My diagnosis was swift and accurate. Getting me on the right medication for my mental illness proved a bit more challenging. I left the treatment center after 14 days in worse shape than when I arrived. I was coming completely unglued.

My first morning back home, I sat outside on the patio drinking coffee from my favorite cup. Again, I felt that uneasy pain of desperation. I picked up the cup, threw it against the wall and watched it shatter into pieces. The medication was not working for me. I soon found myself in another psych ward. This time, I smuggled in a razor blade. The nurse came into my room in the morning to find that I had used it. For the next few days, I had someone they called "my shadow" go with me everywhere I went. I was assigned to a really good doctor. Through trial and error, he found the right medication for me. I left two weeks later feeling much better. The obsession to harm myself was gone.

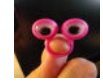
I went back to my AA group able to focus on recovery. Eventually I found a great sponsor, switched home groups and got very involved in service. I was doing so well that there came a time when I thought, Maybe if I work the Steps really hard, I won't need to take my medication anymore. I did not share this thought with my group or my sponsor, and I didn't tell my doctor. I just stopped taking my meds. In no time, I was back on the crazy train. learned a valuable lesson from this experience: I discovered I needed the medication to treat my mental illness just as I needed AA and the Twelve Steps to treat my alcoholism. For me, it could not be one or the other. I needed both.

Like it says in the chapter "To Wives" in our Big Book, "Sometimes there are cases where alcoholism is complicated by other disorders. A good doctor or psychiatrist can tell you whether these complications are serious." I am simply one of those cases.

Thanks to a good doctor and AA, I am blessed to have 32 years of both sobriety and sanity.

Story from this month Grapevine

# 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 ALTURNITIVES 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 Laison

_____




W.C. FIELDS IS SAID TO HAVE SAID:

-What contemptible scoundrel stole the cork from my lunch?
--The cost of living has gone up another dollar a quart.
--I exercise self-control and never touch any beverage stronger than gin before breakfast.
--Anybody who hates dogs and loves whiskey can't be all bad.
--I always keep a supply of stimulant handy in case I see a snake, which I also keep handy.
--A woman drove me to drink and I never even had the courtesy to thank her.
--Once, during Prohibition, I was forced to live for days on nothing but food and water.
--My illness is due to my doctor's insistence that I drink milk, a whitish fluid they force down helpless babies.

## One of those days

I had a pretty strange day yesterday. First, I found a hat full of money. Then I was chased by a drunk guy with a guitar.

A DRUNK, FEELING MUCH MALIGNED, complained to a drinking buddy: "If a man says something in a forest, and his wife isn't there to hear him, is he still wrong?"

# Story from the Grapevine

## Learning to Pray

I was in my 11th month of sobriety, working on my Eleventh Step and feeling so miserable that I thought, What's the sense of being sober if I'm going to feel like this?

That night when I went to bed, I prayed, "OK God, in the morning I'm going to pray exactly how the Eleventh Step says I should pray—only for knowledge of God's will for us and the power to carry that out—and if something doesn't happen to change how I'm feeling, I'm going to get drunk tomorrow night."

Prior to that evening, I always prayed for God to provide me with whatever I thought I wanted and needed. Basically, telling God what to do for me.

The next morning I just prayed, "God, please give me knowledge of your will for me and the power to carry that out." And then I went on my way, determined to get drunk that night if something didn't happen. I went to a noon AA meeting, and after the meeting a young man asked me to be his sponsor. Still full of pride, I said, "Sure, I'll sponsor you."

It didn't hit me until I was driving home. That's the Twelfth Step! I hadn't cried for many years, but the thought that God was actually going to be there for me when I needed him opened the dam. I had to pull the car over to the side of the road and park because the tears were blocking my vision. The light of hope entered my soul once again—I had completed that long journey from my head (God could restore me to sanity) to my heart (God would restore me to sanity).

The reason I wasn't sure that God would accept me into his fold was due to the Second Step. It says we "Came to believe that a Power greater than ourselves could restore us to sanity." As I worked the Steps, I kept thinking, Yes, God can restore us to sanity, but will he do that for me?

I had been attending at least 14 AA meetings a week at that time, but I heard something at a meeting that night that had never registered with me before at any meeting. It was a candlelight meeting at a train station in Wasilla, Alaska where I first really heard the last part of "How It Works," which states that "God could and would if he were sought." This was further confirmation that God was working in my life. The light of hope got even brighter in me. I had my spiritual awakening just as Step Twelve says we will.

I still pray for all the things I would like God to help me with, but now I always add, "… if it's your will for me," because I now believe that praying for anything else is telling God what to do rather than trusting in God to provide me with what I need. I've heard in the rooms many times: I may not get what I want; I get what I need. Then I find out that's exactly what I wanted all along.