

Mountain Doin's

Serving AA in Western
North Carolina's
Districts 70, 71, and 80
since 1974

February
2013

North Carolina Mountain Central Office, 70 Woodfin, Park Place Bldg Ste 206, Asheville NC
Open Mon, Wed & Fri 10-1 and Tues, Thurs 1-4 • (828) 254-8539 • info@ncmco.net

Quarterly Central Office Meeting • Sunday, January 27, 2pm 70 Woodfin Place, Ste 210 • Asheville NC

Traveling west on I-240, take the Charlotte St exit; turn left at the light; turn left again at the next light. Turn in at the brick building on your left. NCMCO is on the 2nd floor. Traveling east on I-240, take the Charlotte St exit and continue through the intersection. Park Place is the brick building on your left, right after passing through the intersection. NCMCO is on the 2nd floor.

ANNIVERSARIES

Acceptance Group

Noah S. 2/2/2011 2yrs
Levi G. 2/23/1978 35yrs

AVL Big Book Step Study

Bill D. 2/25/1999 14yrs
Roseann N. 2/3/2010 3yrs

AVL Women's BB Step Study

Angela M. 2/1/2005 8yrs
Keldwyn T. 2/25/1986 27yrs

Brevard Serenity Group

Andy G. 2/20/2004 9yrs
Jenny B. 2/28/1995 18yrs
Mariano R. 2/2/2008 5yrs

Cumberland Group

Kristin W. 2/20/1992 21yrs
Dan P. 2/9/1998 15yrs

Grace Group

Kathy G. 2/1/2007 6yrs
Mary F. 2/1/1991 22yrs
Geoff S. 2/6/2008 5yrs
April S. 2/9/2009 4yrs
Karen D. 2/10/2009 4yrs
Mary B. 2/10/1981 32yrs
Jack D. 2/12/1986 27yrs

Grace Group con't.

Patrick S. 2/12/2005 8yrs
Chip T. 2/14/2008 5yrs
David H. 2/15/2009 4yrs
Jerry T. 2/15/2011 2yrs
Sabra R. 2/15/2008 5yrs
Susan D. 2/15/1986 27yrs
Lewis C. 2/21/2009 4yrs
Margery K. 2/22/2004 9yrs
Cat F. 2/23/2012 1yr
Josh H. 2/23/1999 14yrs
Meghan J. 2/26/1988 25yrs
Heidi S. 2/27/2012 1yr
Chip P. 2/28/1988 25yrs
John W. 2/28/1986 27yrs

Happy Hour Group-HVL

Bobbie P. 2/3/1986 27yrs

KISS Candler Group

Chip C. 2/20/1986 27yrs
Marty L. 2/14/1994 19yrs
Maple Grove Group
Neal P. 2/15/2011 2yrs

Mars Hill Group

Brian D. 2/1/2007 6yrs
Dick McG. 2/25/1980 33yrs
Mike P. 2/1/2009 4yrs
Mike W. 2/24/2006 7yrs

Midday Group

Anne Y. 2/14/2001 12yrs
Alice G. 2/11/2007 6yrs
Dean D. 2/14/1994 19yrs
Barbara Mc. 2/22/2012 1yr

Serenity Seekers

Suzie L. 2/28/2009 4yrs
Christina 2/24/2012 1yr
Zee 2/14/2011 2yrs

Serenity Sisters

Elise C. 2/2/2004 9yrs
Carolyn P. 2/6/1988 25yrs
Judy 2/12/2012 1yr

Women of Grace

Camille M. 2/1/1983 30yrs
Joy P. 2/3/1981 32yrs
Suzy L. 2/28/2009 4yrs
Meryl 2/19/2010 3yrs

Group secretaries, email March anniversaries to info@ncmco.net by February 15!

Central Office (NCMCO) has a new email address! It's info@ncmco.net

Profit & Loss YTD Comparison
Accrual Basis

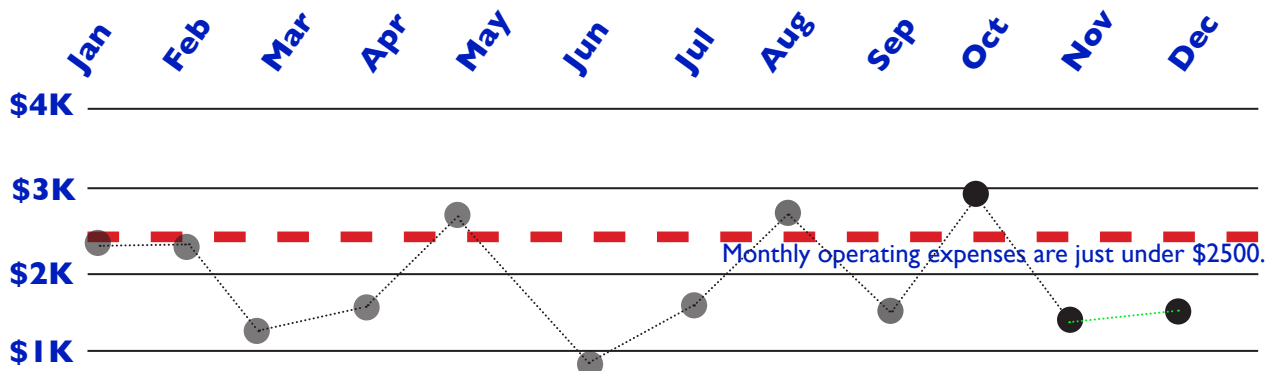
Accrual Basis

Profit & Loss YTD Comparison December 2012

	Dec 12	Jan - Dec 12
Income		
Sales Income		
Conf/GV Approved	1,084.65	17,288.34
Non-Conf/GV-approved	556.53	9,393.97
Shipping & Handling	12.51	326.07
Total Sales Income	1,653.69	27,008.38
Other Income		
Subscriptions	80.00	91.00
Interest Income	0.00	6.62
Group Contributions	1,569.69	24,074.55
Individual Contributions	10.00	384.29
Total Other Income	1,659.69	24,556.46
Total Income	3,313.38	51,564.84
Cost of Goods Sold		
Freight	41.47	187.42
Non Conf/GV Approved	348.30	6,170.09
Conf/GV Approved	942.03	15,128.29
5000 - Cost of Goods Sold	0.00	71.10
Total COGS	1,331.80	21,556.90
Gross Profit	1,981.58	30,007.94
Expense		
Software	0.00	129.99
Accounting Services	0.00	340.95
Miscellaneous	0.00	115.05
Bad Debts	0.00	21.04
Bank Service Charges	0.00	0.00
Copier Rental	236.02	2,257.35
Editor	120.00	1,440.00
Fees - Consultants, Legal, Audit	0.00	163.33
Insurance	0.00	536.57
Office Supplies	0.00	780.32
Payroll Expenses	767.84	10,410.44
Postage	81.00	1,097.85
Rent	462.00	5,508.00
Sales Tax	29.70	29.70
Telephone		
Answering Service	211.33	3,650.07
Office Telephone	204.67	2,668.47
Telephone - Other	8.67	8.67
Total Telephone	424.67	6,327.21
Total Expense	2,121.23	29,157.80
Net Income	-139.65	850.14



NCMCO sincerely thanks to groups for their ongoing support. For suggestions on how your home group might allot donations to AA service structures—GSO, Area, District, and Central Office—check out the pamphlets [Self Support: Where Money & Spirituality Mix](#) or [The AA Group](#).



2012 Financial Security Snapshot
Monthly group contributions compared to average monthly expenses

Group Contribution\$ December 2012 & YTD

	Dec'12	YTD		
4th Dimension		\$150.00	Marshall Group 110-489	\$111.00
11-11-11 Meeting		\$35.00	Men's Attitude Adjustment	\$50.00
Acceptance Group		\$1,626.70	Mid Day Group (HVL)	\$1,020.60
Anonymous		\$125.95	Mill Spring Group 656-821	\$38.00
Around the Room Group		\$393.77	Mission Group of Sylva 606-119	\$130.00
AVL Women's BB Step Study		\$87.55	Monday Night Open Meeting	\$893.52
AVL BB Step Study Grp		\$276.85	Mountain View (Highlands)	\$423.00 \$823.00
Back to Basics		\$108.00	Murphy Big Book Group	\$10.00 \$40.00
Big Town Group		\$453.02	New Freedom Group	\$180.11
Black Mountain Group		\$190.00	Pisgah Group	\$274.00
Blue Ridge Grp 110-557		\$122.07	Plan B Group	\$200.00
Brevard Serenity Group		\$81.00	Recovery by the River 674-892	\$445.60
Burnsville Grp 135-171		\$75.00	Safe N Sound 645-654	\$124.13
Candler Kiss Grp 163-148		\$480.00	Second Chance Group- Cherokee	\$13.01
Came to Believe Grp 611-288		\$25.00	Serenity Seekers - Marion 663-204	\$35.00
Cashiers Valley Grp 122-589		\$486.10	Serenity Service 110-498	\$60.00 \$720.00
Columbus Group	\$90.00	\$181.25	Serenity Sisters Group	\$80.00
Common Sense Group	\$24.94	\$215.28	Skyland Meeting	\$60.00
Conscious Contact (AVL)	\$600.00	\$2,500.00	Speed Bump Group	\$50.00
Daily Decisions Group		\$190.33	Sunshine AA Group	\$150.00
Daily Reflections - Blk Mtn		\$10.90	Surrender Group - Black Mtn	\$180.00
Day by Day Group		\$1,059.16	Sylva Group	\$50.00
Downtown Serenity		\$225.00	Sylvan Valley AA Group	\$50.00 \$200.00
Early Birds 612-780	\$241.75	\$744.30	Three Alarm Group	\$31.00
Fellowship Group		\$230.00	Total Surrender Group	\$300.00
Fireside Group		\$357.00	Traditional Group	\$100.00
Fletcher Group		\$100.00	Tryon 12 and 12	\$152.00
Good Livers 666-360		\$331.00	Tryon Thursday Meeting	\$175.00
Grace Group of Asheville		\$2,916.65	Tues Men's Big Book	\$50.52
Grace of God Grp of HVL		\$150.00	Waynesville Group	\$1,112.80
Happy Hour Group		\$300.00	West Asheville Group	\$25.00 \$25.00
Joy of Living-Black Mountain		\$300.00	Women of Courage	\$254.49
Joy of Living-Brevard		\$75.00	Women Of Grace	\$153.00
Kanuga Group	\$45.00	\$270.00	Young People's Group 645-646	\$128.29
Lambda Group 617-035		\$392.00	Total Group Contributions:	\$1,569.69 \$24,074.55
Leicester Group 143-417		\$200.00	<i>Individual Contributions</i>	
Living in the Solution Grp		\$122.00	Anonymous	\$234.29
Log Cabin Group		\$38.60	In Memory of B.G.	\$10.00 \$120.00
Maggie Valley Group 158-950		\$20.00	Bob Heuer	\$30.00
Mars Hill		\$80.00	Total Individual Contributions	\$10.00 \$384.29
			Grand Total	\$1,579.69 \$24,458.84

Central Office Cash on Hand

Checking Account	\$1727.11
Money Market (Prudent Reserve)	\$7017.18
Rent Deposit	\$500.00
Total	\$9244.29

Call & Visitor Log December 2012

AA Crisis 0
General Info 8
Family Help 4
Meeting Info 24
Central Office Business 29
Medical/Detox 0
Visitors 53
Answer Svc (Operator-Asst) 28

North Carolina Mountain Central Office News

COR Meeting Location Change

All meetings of Central Office are now being held at the office location: 70 Woodfin (in the Park Place Building). See page 1 for directions and dates.

Board Openings: Secretary, Treasurer, Trustees for Districts 71 and 80

Attend board meetings 2nd Thursdays, 6:00 pm.

Attention All Groups

At the January 27 COR meeting, a vote will be taken to replace COR representation with open board meetings. Contact Suzanne T., board chair, info@ncmco.net for more info; also, review November and December newsletters at ashevillaaa.org (choose the "News" tab).

From the Board Treasurer...

Groups, please pay your bills in a timely fashion so the Office can continue to stock its shelves. Group treasurers, please contact the office to check about any outstanding balances.

Next Board Meeting Will Be...

Thursday February 14, 2013, at 6:00 pm, Central Office. All welcome. If you'd like to suggest an agenda item, email info@ncmco.net (a few days in advance, please).

Meeting Updates District 70, 71, 80

New Meetings

- Asheville.** *Moments of Clarity Group* Tuesday, 6:00 pm, Lower Fellowship Bldg, Warren Wilson College, 701 Warren Wilson Rd (O, D)
- Asheville.** *Serenity Service Group*, Living Sober meeting, **Wednesday** 7:00 am. 697-G Haywood Rd., beside Ingles (C, LS)
- Asheville.** *Came to Believe Group* Thursday, 7:00 pm UNCA, 102 Highsmith Auditorium (O, D)
- Asheville.** *Rule 62 Group*, Monday 7:00 pm. Trinity United Methodist Church, 587 Haywood Rd (O, D)
- Brevard.** *The Principles Group* Saturday, 11 am, Selica Methodist Church, 529 Selica Rd (O, D)
- Franklin.** *Practical Sobriety* Thursday 7:00 pm. St. Cyprian's Episc Church, 216 Roller Mill Rd (O, BG)
- Hendersonville.** *Music and Gay Chatter Group* Monday 6:00 pm, The Cox House, 723 N Grove St, Hendersonville. (G, varied format)
- Hendersonville.** *Hendersonville Group* Sunday, 6:00 pm. 1620 Willow Rd, opposite Valley Hill Fire Dept.; handicap accesible (O, LS)

Meeting Changes

- Asheville.** *Safe and Sound Group* Tuesday 7:00 pm has moved to the 1st Congregational UCC, 20 Oak St., Fellowship Room (O, D)
- Asheville.** *Good Livers Group* 10:30 am has moved to St Mark's Lutheran, corner of E. Chestnut & Liberty Sts. (off Merrimon Ave.) (C, AB)
- Asheville.** *Veteran's Hospital* Friday, 12:30 pm is changing to Saturday 1:00 pm. Still meeting in multi-purpose room in basement, across from cafeteria.
- Highlands.** *Mountain View Group* has moved its meetings to 1st Presbyterian Ch, lower level library, 5th St. entrance
- Marshall.** *Marshall Group* meeting is now held at 7:00 pm. on Fridays

Cancelled Meetings

- Asheville.** *Serenity Service Group's* Living Sober meeting, **Sunday** 3:30 pm. 697-G Haywood Rd., beside Ingles (O, LS)
- Fletcher.** *Fletcher Group*, 8:00 pm. United Methodist Church, 50 Library Rd (O, LS)

Sign up for your free, interactive Mountain Doin's subscription!
Write info@ncmco.net. Subject line: *Subscribe Me*.

A.A. GRAPEVINE *featurette*

This month's special section features stories about how AAs found their higher power.

Many of us struggle with “the God thing” when we first enter AA. Luckily though, by reading our literature and by listening to other members share experience, strength and hope, we find that our journey into Step Two is not an impossible task.

“The greatest gift that can come to anybody is a spiritual awakening. Without doubt this would be the certain verdict of every well-recovered alcoholic in AA's entire fellowship.”
—Bill W., Alcoholics Anonymous.
Read more at <http://aagrapevine.org>



What's On Your Mind Forum on the Grapevine Website as of January 21, 2013

- Heard at Meetings • 376 posts
- Burning Desire to Share • 705 posts
- Steps • 309 posts

A.A. Events Calendar

A full calendar lineup of regional and national AA events is at <http://www.aanorthcarolina.org/events.asp>.

Reno, NV: 49th International Women's Conference. Thursday February 14—Sunday, February 17 IWCReino2013@yahoo.com

Aberdeen, NC: 25th Annual “Freedom from Bondage” (Area 51 Corrections Committee) Conference. Friday, March 15—Sunday, March 17. FFB@ec.rr.com; see ashevilleaa.org (“Events”) and flier insert.

Flat Rock, NC: Western Pre-Conference. Saturday, March 9; see flier insert

Raleigh, NC: Spanish Language Pre-Conference. Saturday, March 24; see <http://www.aanorthcarolina.org/events.asp>



Sobriety Tip #45

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

Personal Story: Why I Do CF Work

I'm Greg and I'm an alcoholic and my first AA meeting was on January 28, 1979 in Wilton, CT. The problem that got me to our program, however, was not alcohol. Obsessively abusing alcohol was my solution for being unable to stand unvarnished reality. of the pain of being less than, outside of, not as good as, and vulnerable to unstoppable forces of fate, well beyond the help of any human power. Alcohol solved that, very nicely—for a long time. Eventually, however, the alcohol I thought I “had” wound up getting me and just cast me off, lonely, in constant suffering, suicidal, drunk on the outside and stone cold petrified on the inside. With nothing to paint my sense of reality rose-colored, my life finally became an invisible prison, all walls and no exits. The despair of being unable to live yet unable to die only worsened. It might have been better had I not even failed at suicide. At least I thought so then.

Some time before Christmas of 1978, in moment of pure grace, divine providence led me to Dan A., whose sharing his story with me enabled me to come to and embrace AA. Not all the King's horses and all the King's men had been able to reconstruct Gregory again, but somehow Dan had just the right words to turn the tide from ruin to rebuilding. That began a life in AA, an up and down journey of incremental spiritual awakening, driven by repeated recourse to 10th Stepping. And yet, still now, almost 34 years later, the bottom line question for me still remains: how well do I surmount my recurring bedevilmets? When all of my expectations and dreams are frustrated, and my emotions are in distracting turmoil, can I stay in reality, move ahead step by step, and keep my peace of mind? What in AA helps me to do that?

These days, I get a lot of help from a man I sponsor: Bill, a prisoner in the NC state prison system, a cherished friend, and my inspiring teacher.

Some 13 years ago I, then with 20 years in AA and in the delusion that I finally had this AA stuff well nailed down, made a basic, alcoholic's error: I tried a colossal geographical cure. I moved from a crowded suburban area in the Northeast to the top of a then quite isolated ridge outside Asheville, thinking that the quiet and proximity to “nature” would be soothing and healing. It works nicely that way for my good wife and my two German Shepherds, but not restless, irritable and mercurial me. I found that the setting we chose, where isolating is so easy, was the perfect trigger for my alcoholic's overwhelming and unsettling bedevilmets.

And I learned from being assessed at Duke in 2007 that those bedevilmets are exacerbated by my very high levels of ADHD (I hear that about one-third of all AAs have ADHD). A Duke geriatric psychiatrist (I was born before WW2 began) said that the most important thing I could do to gain peace of mind was to move off the mountain ASAP. Plans were made to move—and then 2008 rolled around and suddenly our valuable house unsellable. I was pinned to the ridge that I needed to leave. In short, the cure became all by itself my own personal, painful prison. In the bat of an eye, the big challenge for me became staying in reality, moving ahead at a snails pace while watching my retirement funds melt away, and keeping my peace of mind.

Living out the shockwaves of my geographical cure's implosion has become my graduate level immersion course in acceptance, but I have needed special help with the work. It came from Bill to a large extent.

“Bill” (that's not his real name) is a 5+ year member in AA in the NC prison system. For two more than three years, Bill and I been exchanging experience on handling life on life's terms with AA's discipline. I have my periodic eruptions of those bedeviling emotions; Bill has those too and he has been battling unremitting, crippling abdominal pain and a system in which far too many get far too little care far too long after they need it most. If I'm sick, I drive to the walk in clinic and see a doc. Bill has asked, cajoled, pleaded for help with his suffering, but received for two years mostly only superficial aid. Our only commonalities are isolation and the cost: we both have our prisons, and for each illness is very affordable. I am Medicare-aged. Bill does not have to worry about paying for his help—just about getting it on time.

Bill is tested in ways that we on the outside of the prison walls can hardly even imagine. Just listen for a bit to how his life has been and how he has responded to it.

Bill has been a treatment assistant in the New Directions alcohol and drug treatment program inside the NC state prison system. This role gives Bill double-whammy trouble. He lives with newly minted prisoner alcoholics 24/7 for 12 weeks per training group. Thus, even when he is never free from physical pain, he can also never escape agitation from right-off-the-street client-offender-alcoholics and addicts, who regularly act out their stinkin' thinkin' literally right in his face. They badmouth him as their instructor, get in his face when he needs a break to walk in the yard, constantly

badger him for advice that should be given by mental health professionals, and roughhouse all night, interrupting his sleep. He has no office door to close. His home is a bunk and a small locker, all in public.

At both of his last two camps, getting any medical treatment beyond just initial physical exams, involved being transported. I am challenged by descent from the ridge when my ears are congested with a cold. Whether Bill rides in a DPS prisoner transport bus, or in the back seat of a Sheriff's patrol car, he rides upright and immobile, pain or no pain, often cuffed and shackled to his place, on trips that can take hours on end. Bill has taken lots of those trips in the years since June 2010 when his pains began in earnest. He reports to me that it hurts, but that he has learned in AA that acceptance is the only way to ensure that he has the energy to deal with his current reality. It is the way alcoholic prisoners must live to remain whole, sane. The others are always watching for any crack in the boundaries, any angle to use to 'get' to guys like Bill. Bill must have a way of keeping composure, peace of mind, and AA is it.

He was transported hundreds of miles for tests. The results finally, after two years of just enduring pain, showed continuing substantial internal bleeding and gall stones. He was sent back to home camp and work. Last summer, he was moved for treatment work purposes to a camp hundreds of miles from Asheville, from his wife, children, friends, buddies, familiar camp. He continued, weak and in pain, to do what he could for New Directions. One morning, finally, he could no longer stand the pain. He said it felt like he had been locked in a 6 by 8 foot cinderblock room and set on fire. Every movement increased the fire. When his legs were so weak that he could hardly stand, and when he had lost so much blood that his fingers were turning translucent, he went to medical and pleaded insistently, one final, desperate time, for help.

How does that stack up to how I handle cabin fever?

As do I, Bill engages in a lot of people-pleasing where better conflict management is called for. He called me about his desperation and resentment on that day when he could hardly stand. It became apparent that in order to get noticed and helped, he needed to be less nice and more assertive. How often have I had to get rid of the people pleasing and self seeking in my thinking to get something done that needed doing? Bill helped me remember that a power

greater than I did not get me sober to have me become a speed bump. Bill had the same insight and acted on it. He got results: surgery two weeks ago removed the large tumor in his large intestine that had been bleeding him nearly to death for two years.

The tumor that had been removed two weeks ago turned out to be a cancer that had been there for at least two plus years. He also has other tumors and lesions, as well as gallstones. It all can be treated only with intensive, year-long chemo. In a few weeks he may be transferred from his home camp to Central Prison in Raleigh, where he will live in isolation for one year, with severely curtailed visits and phone calls, while he takes the year's worth of chemotherapy at the UNC oncology unit in Chapel Hill.

You and I can pick up that 10,000 lb. phone and get AA help on the spot. Not inmates.

You and I can drive to talk over a cup of coffee, not inmates. And volunteers have only limited time to talk with their inmate sponsees and friends. Bill will be even more on his own, with just himself and his Greater Power, than he has been since his first year in prison, which he spent in solitary confinement ("administrative segregation").

Today, Bill has a reality imposed on him that all of us alcoholics outside the walls could complain about, deny, and get fixated on in great self-pity and brooding, ad nauseam, all too easily. It makes isolation on a ridge with ADHD seem trivial. But while Bill is sometimes angry, frustrated, anxious and depressed, he is not whining. To the contrary, he has decided to work the program rather than work his problems. His comment about the forthcoming sequestration and year-long isolation: "I know how to do seg (solitary confinement) and I look forward to it. This is my chance to

*Let Literature
Carry the Mes-*

**Central Office Carries a
Huge
Selection of Pamphlets
in
Groups may order supplies by
phone or email and have them
shipped.**

continued on page 8

Personal Story: Why I Do CF Work by Greg

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consolidate and digest all the spiritual lessons I've learned in AA and my life in the past few months. If you do close custody right, it is the time to find the silence when you can get closest to yourself and to God."

OK, so probably he will have an opportunity to relearn and re-instate that resolution. Don't we all? Isn't the Third Step more like a springboard than a doorway? Bill's intention is the stuff of an ongoing 10th Step for me: something to check myself against, a great chance for me to learn more acceptance and gratitude.

On the day his legs were giving out and he was bleeding himself white, he taught two hours of class in New Directions. He says when he is trying to help those new, restless, irritable, angry alcoholic inmates, he forgets his pains enough to keep him going a bit more. And it helps him with his 10th Step. He told me, "So many of these guys are holding onto anger about things done to them, unjustly or not, in the past. I've done that all my life and it has caused me nothing but trouble. I refuse, absolutely refuse, to hold resentments and brood. I need all my focus and energy to deal with what's on my plate now and heal." Bill shows the AA way: bring the body and the mind will indeed follow.

How often have I let my emotions defeated my willpower? How often have I spent hours trying to think myself into healthy action rather than using the AA way of acting myself into healthy thinking?

When we take Step 3, the course of our lives is no longer our business. And God is indeed like the refiner's fire. Bill reminds me to renew my Step 3 vows and that the heat I feel can either purify or hurt: I choose.

What have I, with nearly 34 years, gotten from sharing with Bill, who has a bit more than 5 years and is perhaps 20 years younger than I?

I get perspective: compared to Bill, exactly how important are my own little woes and inconveniences? His determination not to fall into resentful brooding inspires me to check the childishness at the door all the time. And it moves me to keep that 10th Step in gear all the time.

I've lost my fear of alcoholic prisoners behind the walls, of guard towers and of razor wire spools. Instead I'm now regularly inspired by the examples of working AA's disciplines I get from countless inmate AA friends like Tommy, Wes, Brent, Thomas, Ken, Mike, K., Jay, David, Mike G.,

and several others I am privileged to know and hear each week. I know that alcoholic inmates are just human beings who made a mistake I could easily make myself: they are men just like me, I but they happen to live in a concrete prison, while mine is mental and emotional. Identification is the vein of healing.

I got a dear friend who shows me how to get beyond resentments, how to work for the incremental spiritual awakening that is unique to AA, how to live life on life's terms. His concentrated, intense lessons, more powerful than anything I otherwise witness, show me how to accept, and how to use the 3rd Step as my springboard back into sanity.

I've gleaned wisdom about AA by having to reduce it to the basics in order to communicate with my inmate friends in the letters and short phone time slots allowed.

That sneaky, ever-loving Power Greater than I has taught me afresh that I achieve clear perceptions, acceptance of reality and peace of mind by outreach action in AA. CF service graces me with the chance to act my way into sanity. By extending myself in CF service, I am blessed with rescue, incrementally and enduringly, from my terminally unique isolation, and my own overwhelming bedevilments.

When I said goodbye to Bill yesterday evening, his last words and possibly the last phoned words I may be able to hear from him for the year while he is getting chemo, were: "I love you, man." And mine: "I love you too."

As Dr. Bob said in his last AA speech, in the final analysis, AA as such boils down to two things: love and service. I do AA CF work because, more than from anywhere else, for my service I am granted the grace of love.



Due to low COR participation, the Executive Board of NCMCO (Central Office) will present a motion to drop the Central Office Representative (COR) concept at the January 27, 2013, quarterly meeting. It proposes to replace the "COR meetings" with ***open quarterly board meetings, to be held on the second Thursdays of January, April, July, and October, at 6:00 pm at Central Office***, Suite 210, 70 Woodfin Place, Asheville. Further, it will propose that each district elect its own trustee to the NCMCO Board, defining that position's sobriety requirements and duties according to the districts' needs. If you or your group has an interest in the discussion of these proposals, please attend this meeting.
Seating is limited but all are welcome!



AREA 51

WESTERN PRE-CONFERENCE

When: March 9, 2013, 12:30PM to 4:30PM

WHERE: St. John-in-the-Wilderness Episcopal Church
1905 Greenville Highway
Flat Rock, NC 28731

All AA members are invited to join our Delegate, Homer M., to participate in the exciting process of the 2013 General Service Conference. Agenda Items to include info re: Social Media; Grapevine; "Spirituality" pamphlet with stories from atheists/agnostics; to name just a few!

"Be Involved, Be Informed, Be Inspired, Be of Service" You may
Be the next Delegate one day!

Lunch served at 1:30PM. All food and beverages provided.

Directions: From I-26, exit 53. Take Upward Rd. toward Hendersonville. Upward Rd. becomes Highland lake Rd. (2.4 miles). Turn left on to Greenville Highway (225 S). Go 0.1 mi., turn right on Rutledge then immediate left into Church lot.

Contact: Your District's DCM (11, 12, 13, 14, 15, 17, 21, 41, 43, 44, 70, 71, and 80).

New district officers, please send your Treasurer and DCM info (no personal phones or emails, please) to Central Office, so it can be included in the newsletter.

The District Express

NCMCO seeks office volunteers from its service area. If you are good on the phone • want to help • are consistent • have a helpful attitude • some sobriety, please contact Central Office. (828) 254-8539 or info@ncmco.net.

All Districts: Committee Coordinators please send updates on committee meeting times, recent activity, and upcoming service opportunities! The March newsletter deadline is **February 15**. **Central Office Representatives (CORs)** meet at 2:00 pm. on Sunday, **January 27**. Please read the "Update: To All Groups" notice and note that this meeting will be held at Central Office.

District 70

Contact any District 70 trusted servant through the website <http://ashevillaaa.org> (click the Contacts link at the top of the page).

GSR District Meeting is Sunday, **February 10**, 2:30 pm, at St. Luke's Episc. Church Parish House, 219 Chunn's Cove Rd, Asheville

Bridging the Gap (with treatment facilities). For more info, please contact Monica G., the TFC Chair at ashevillaaa.org; Brad S., BTG Chair; or Janey K., Co-Coordinator, at the toll-free number (888) 830-3155. If you would like to participate in this vital program feel free to attend the Service Committee Meeting (see listing, below). Learn more about BTG at <http://btgww.org/>.

Service Committees meets the last Tuesday of every even-numbered month. Next meeting is **February 26**, 6:00 pm. Trinity Episcopal Church, 60 Church St, Asheville

District contributions mail to: District 70 Treasurer, PO Box 8574, Asheville, NC 28814

District 71

DCM: Whitney B.: foothillscal@gmail.com

District contributions are mailed to: R.L. Zipser, 86 Canterbury Trace, Brevard NC 28712

District 80

DCM: John E. - to contact go to www.aawnc80.org Groups, mail your **district contributions** to: Treasurer, PO Box 1599, Franklin, NC 28744

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(910) 382-8521
E-mail: FFB@ec.rr.com

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Area 51 AA Corrections Conference
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