

(828) 254-8539

Office Hours 10:00am - 1:00pm Monday-Friday

info@ncmco.net

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



Hugh M.

Hagan M.

Mark T.

5-2003

5-2003

5-2013

12 yrs

12 yrs

2 yrs

ANNIVERSARIES



		$\mathbf{A} \mathbf{N}$	NIVE	RSA	RIE	S
Acceptance	Group		Cumberland (Group		Midda
Elizabeth B. Jessi H. Terri T. Sean	•	20 yrs 3 yrs 12 yrs 3 yrs	Lee R. Rusty M. Tom H. Beth H.	5-08-1992 5-10-1983 5-27-2006 5-28-2012	23 yrs 32 yrs 9 yrs 3 yrs	Ross Anne Linn E Bob D
Around the F	Room Group		Daily Decision	ns		Pam E Kelly
Hugh H	5-11-1978	37 yrs	Bob W. Melissa E.	5-10-1985 5-23-2013	30 yrs 2 yrs	Phoen Black
	k Step Study	-	Andy B.	5-25-2010	5 yrs	Roger
Rachel E.	5-18-2004	11 yrs	Fellowship G	roup		
AVL Women' Group	s Big Book St	ep Study	Raymond Y. Grace Group	5-19-2010	5 yrs	Safe & Wynn Maria
Jo M.	5-10-2007	8 yrs	Casey C. Julie J.	5-05-2010 5-05-2014	5 yrs 1 yr	Anna Taryn
At Wit's End			Walter A.	5-05-2013	2 yrs	Ellen
Taylor T.	5-21-2011	4 yrs	Susan W. Anthony T.	5-11-2008 5-15-1998	7 yrs 17 yrs	Sereni
Back to Basi	cs Group - We	eaverville	Graham G.	5-15-2014	1 yr	Chery
Doug C. Missed in April:	5-20-2014	1 yr	Pete S. Debbie P. Ed H.	5-15-2007 5-18-2006 5-20-2005	8 yrs 9 yrs 10 yrs	Tom C
Joanna D.	4-29-1989	26 yrs	Scott A. Charlene L.	5-23-2014 5-24-1997	1 yr 18 yrs	Danny
Black Mount	ain Group		Shirley E.	5-27-1985	30 yrs	Total S
Mark T. Jimmy L.	5-18-2008 5-25-1985	7 yrs 30 yrs	Cherie M. Happy Hour G	5-28-1995 Group	20 yrs	Scott Dawn Susar
Brevard Sere	entiv Group		Michael N.	5-24-2002	13 yrs	Jusai
Karen C.	5-24-2014	1 yr	Buzz H.	5-29-2008	7 yrs	Traditi
Candler K.I.S	S Group		Hendersonvil			Herbert "Rosco
Jon M.	5-31-1983	32 yrs	Kelly M. Library Group	5-26-2001	14 yrs	Euger
Conscious C	ontact		Michael B.	5-09-1986	29 yrs	Bob K
Vivian N.	5-1979 5-2003	36 yrs	Lucy W.	5-22-2014	1 yr	Wome

Midday Gro	_	
	5-12-1994 5-15-2011	21 yrs 4 yrs
Linn B.	5-15-1996	19 yrs
Bob D. Pam B.	5-17-1978 5-22-2013	37 yrs
Kelly M.	5-26-2001	2 yrs 14 yrs
-		,
Phoenix Gr Black Mour	-	
	5-13-2001	14 yrs
Safe & Sou	nd Group	
	5-07-2013	2 yrs
Marianne	5-09-2011	4 yrs
Anna W.	5-15-2009	6 yrs
Taryn	5-15-2010	5 yrs
Ellen F.	5-16-2012	3 yrs
Serenity Se	ekers - Mar	ion
	5-08-1996	19 yrs
Tom C.	5-11-2011	4 yrs
	Solution BB	
Danny B.	5-25-1998	17 yrs
Total Surre	nder Group	
Scott F.	5-02-2006	9 yrs
Dawn	5-12-2009	6 yrs
Susan S.	5-27-1988	27 yrs
Traditional	Group	
Herbert		
"Roscoe" H.	5-03-1985	
Eugene P.	5-11-1991	24 yrs
Roh K	5-17-1992 5-29-1993	23 yrs 22 yrs
DOD IX.	J-Z3-1333	22 yıs
Women of		_
Mary B Dare T.		6 yrs
Dare T.	5-11-1979	6 yrs

5-11-1989

26 yrs

Mars Hill Group

B.J. W.

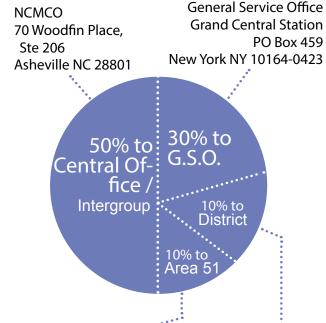
New NC Mountain Central Office, Inc. Profit & Loss YTD Comparison March 2015

	Mar 15	Jan - Mar 15
Ordinary Income/Expense		
Income		
Contributions	2.046.00	6 005 60
Group Contributions Individual Contributions	2,916.00 15.18	6,225.60 39.41
	 -	
Total Contributions	2,931.18	6,265.01
Interest on Money Market Sales Income	0.60	1.74
Literature & merchandise	2,592.21	6,854.89
Shipping	64.04	131.95
Total Sales Income	2,656.25	6,986.84
Total Income	5,588.03	13,253.59
Cost of Goods Sold		
Cost of Goods		
Discount	-7.12	-11.31
Freight	52.96	90.65
Literature & merchandise	2,004.78	5,210.02
Cost of Goods - Other	0.00	0.00
Total Cost of Goods	2,050.62	5,289.36
Total COGS	2,050.62	5,289.36
Gross Profit	3,537.41	7,964.23
Expense		
Copier Rental	152.72	462.45
Editor	120.00	360.00
Office Supplies	191.46	261.90
Payroll Expenses	977.98	3,368.86
Rent	485.00	1,455.00
Sales Tax Paid to Vendors	19.35	42.45
Shipping to Groups	64.04	131.95
Stamps/Postage	65.24	206.43
Telephone & Internet		
Answering Service	98.50	290.50
Office Telephone/Internet	140.85	422.55
Total Telephone & Internet	239.35	713.05
Vendor Discount	-67.99	-67.99
Total Expense	2,247.15	6,934.10
Net Ordinary Income	1,290.26	1,030.13
Net Income	1,290.26	1,030.13



Suggestions for Group Donations to

* from the pamphlet <u>Self-Support: Where Money & Spirituality Mix</u>. Recommenda-



Area 51 NCGSC Treasurer
PO Box 459

• District 70 Treasurer PO Box 8574 Asheville NC 28814-8574

> District 71 Treasurer 3486 Silver Creek Rd Mill Spring, NC 28756

> District 80 Treasurer
> 91 Lullwater Cove,
> Cullowhee, NC 28723



Cash on Hand as of 3/31/15

Money Market (Prudent Reserve) \$7,028.71

Operating Account (Checking)

\$3,613.68

Rent Deposit \$400.00 Petty Cash \$50.00



MEETING UPDATES: Districts 70 • 71 • 80

New Meetings:

Asheville: Serenity Service Group. Sunday 5:30pm. Central United Methodist Church, 297 Haywood St. (O,SP)

Fletcher: Fellowship Group. Thursday 7:00pm. Calvary Episcopal Church, 2840 Hendersonville Rd. (O,SP)

Hendersonville: SOS - Sisters of Sobriety. Tuesday 7:00pm. Dandelion Restaurant, 127 5th Ave West. (W,O,D)

Meeting Changes:

Asheville: Grace Group. Sunday – new time & location: 4:00pm @ North Asheville Community Center, 37 E. Larchmont Dr. (off Merrimon Ave) (O,SP)

Waynesville: Maple Grove Group. Sunday 7:00pm. Maple Grove Methodist Ch, Rte 276 N, Russ Ave near Dellwood Rd, Waynesville. (O,D) 2nd Sunday of the month is now (O,SP) Food & Fellowship @ 6:15pm

Discontinued Meetings:

Canton: Canton Step Study. Thursday 7:00pm. St. Andrew's Episcopal Ch, 99 Academy St, Canton.

Waynesville: Waynesville Triangle Club meetings Monday through Friday 9:00am.

Fletcher: Fellowship Group. Calvary Episcopal Church. The Monday 7:00am meeting has been discontinued.



The Service Express

Downloadable versions of the Mountain Doins and freshly updated (every month!) "Where & When's are available at www.aancmco.org

NC Mountain Centeral Office welcomes volunteers Mon-Fri, 10am - 1pm. If you are a sober member of A.A., interested in enhancing your sobriety through service work, and are good on the phone, please call (828) 254-8539, write info@ncmco.net or visit www.aaNCMCO.org

All District Committee Coordinators: Please send updates on committee meeting times, recent activity, and upcoming service opportunities!

The June 2015 newsletter deadline is May 15.

District 70: ashevilleaa.org

Next District 70 GSR Meeting scheduled for Sunday May 3 (changed from the usual 2nd Sunday), 2:30pm, at St. Luke's Episcopal, 219 Chunns Cove Rd, Asheville

Service Committee Meeting – Tuesday, May 26, 6:00pm at Trinity Episcopal Church, 60 Church St, Asheville

Contact District 70 trusted servants through the website www.//ashevilleaa.org (click the Contacts link at the top of the home page). For district meeting minutes, write secretary@ashevilleaa.org.

Bridging the Gap (with treatment facilities) Attend the Service Committees Meeting or contact the TFC Chair at ashevilleaa.org; the BTG Chair or co-coordinator at bridgingthegap.asheville@gmail.com or www.btgww.org.

The District Archivist email is archives@ashevilleaa. org

District 71:

GSR Meeting – Saturday, May 9, 1:00pm, at 1620 Willow Rd, Hendersonville (where Hendersonville Group meets). All interested AAs are invited to attend.

Correction Facilities Committee meets the 1st Saturday of even-numbered months. Next meeting: Saturday, June 6, 9:30am, 1620 Willow Rd, Hendersonville

The Service Express (Continued) District 80: aawnc80.org

GSR District Meeting will be Sunday, July 19, 1:30pm, Jackson County Family Resource Center, 1528 Webster Rd. Webster, NC 28788. There will not be a GSR workshop before the regular meeting in July but there will be discussion about having another workshop in October.

Four District sponsored "eating meeting, special events" are hoped for this year with the district looking to plan dates & seek sponsoring groups. Founders Day is a separate event & will most likely be held in Murphy this year (Haywood was last year's host).

CORs / NCMCO: aancmco.org

Next COR Meeting: Thursday, July 9, 6:00pm, Grace Church in the Mountains, 394 N. Haywood St., Miller St entrance, Waynesville.

Next NCMCO Board Meeting:

Thursday, May 14, 6:00pm at Central Office.

SPECIAL MEETINGS AND EVENTS

Swannanoa Library Group, Sunday 7:00pm, 101 W. Charleston Ave, Swannanoa, has finished with the Tradition Study and will return to their regular format (O,LS,D) in May. They appreciate all who participated in the Tradition Study over the last few months.

COMING SOON! DON'T MISS OUT!! REGISTER TODAY!

Oak Island Lighthouse Retreat

MAY 8, 9, and 10, 2015 at Fort Caswell on beautiful Oak Island, North Carolina. See the flyer for more information or visit http://www.oakislandlighthouseretreat.com/on-line-registra-



tion.php to directly access the online registration form. When registering online, please make sure you complete all required fields (marked with as asterisk) before continuing to Pay Pal to make your payment.

Volunteer for 2015 International Convention!

2015 International Convention of Alcoholics Anonymous

July 2-5 • Atlanta, Georgia

The pre-registration period is still open until May 15, 2015!

Register on Volunteer Hub at http://aa80.volunteerhub.com/signin.aspx and sign up for the Shuttle Bus committee and any others that you are interested in. Ask others to sign up. Sort of like a volunteer chain letter. You can send the info to anyone you know in AA who might want to get involved.

A big need is for announcing this stuff at every meeting you go to. The more people we can get to volunteer the better. For the shuttle bus committee that I am working on or for any of the others. The thing that interested me in the shuttle bus stuff is that you will get to interact with a ton of people from all over the world and really make a difference helping them find their way places.

Please let your friends know that they can volunteer no matter where they live. Let your out of town friends know that there are a lot of options for places to stay, including dorm rooms at GSU and Ga Tech for \$35-\$75 per night. All the info is available here: http://www.aa.org/pages/en_US/2015-international-convention-of-alcoholics-anonymous

Call & Visitor Log

March 2015

12 Step Calls – 3 General Info – 7 Family Help – 4 Meeting Info – 38 Central Office Business – 65 Medical/Detox – 1 Visitors – 80

Answering Service (Operator-Asst) – 102 minutes (Feb.)



CONTRIBUTIONS March 2015

"Recovered or Recovering – Which are You?"

	Mar-15	YTD/2015
Acceptance Grp		\$257.30
Anonymous	\$74.00	\$181.15
Asheville BBSS Grp 637-843		\$41.20
Back to Basics (Weaverville) 147-13	9 \$75.00	\$125.00
Big Town Grp 671-200		\$81.36
BYOC - Bring Your Own Coffee	\$58.00	\$103.00
Candler Kiss Grp 163-148		\$136.80
Cashiers Valley Grp 122-589		\$83.96
Chunn's Cove Men's Group	\$200.00	\$200.00
Conscious Contact (Asheville)	\$800.96	\$800.96
Day by Day Grp 159-058	\$750.00	\$750.00
Early Birds Grp 612-780		\$175.75
Good Livers 666-360		\$99.05
Grace Grp of Asheville 161-970		\$273.58
Happy Hour Grp 169-182		\$40.58
Kanuga Grp 645-767		\$110.00
Mars Hill Grp 130-895	#7.00	\$100.00
Mid Day Grp (Hendersonville)	\$7.00	\$223.00
Monday Night Open Meeting		\$124.17
Murphy Rig Rook Crp	¢10.00	\$45.20 \$10.00
Murphy Big Book Grp	\$10.00	\$10.00
New Freedom Grp 700-124	\$75.00	\$80.00 \$75.00
Phoenix Grp Pisgah Grp	\$286.49	\$286.49
Primary Purpose Grp	φ200.49	\$28.00
Recovery by the River 674-892	\$193.55	\$193.55
Rule 62 Grp	\$78.00	\$78.00
Sat. Morning Men's Meeting	\$45.00	\$45.00
Serenity Seekers - Marion 663-204	\$100.00	\$100.00
Serenity Service 110-498	\$10.00	\$21.00
Spruce Pine Grp 110-679	\$50.00	\$100.00
Steppin' Up Grp	,	\$0.57
Total Surrender Grp		\$250.00
Tryon Monday 5:30 Mtg		\$45.00
Waynesville Grace Grp 110-692		\$640.00
Women of Courage		\$60.00
Women of Grace	\$53.00	\$88.00
Young People's Grp 645-646		\$42.93
4th Dimension	\$50.00	\$50.00
11-11-11 Meeting		\$30.00
12 & 12 Study Grp		\$50.00
Total Group Contributions:	\$2,916.00	\$6,225.60
Individual Contributions		
Anonymous	\$5.18	\$9.41
In Memory of B.G.	\$10.00	\$30.00
Total Individual Contributions:	\$15.18	\$39.41
Grand Total	\$2,931.18	\$6,265.01

Hello All, At non-public AA meetings/functions I always introduce myself using my full name — adding I'm a grateful recovered alcoholic, and (customary in the Boston area where I got sober) usually including the name of my home group.

I've been saying 'recovered' for a few years now — convinced that it's best for me to do so — after reading the attached along with the info at the links below, AND following the good example of an inspirational long-timer, in my former home group, Wayne A. (AKA 'Wheelchair Wayne') who passed on Jan 24, 2015) Helen

"RecoverED does not mean that our physical allergy to alcohol has disappeared. We are and always will be alcoholic. We will forever be powerless over the second drink. It simply means that "as long as we keep in fit spiritual condition" we will "react sanely and normally" and "We [will] feel as though we had been placed in a position of neutrality - safe and protected." RecoverED does not mean we have been cured. RecoverED means that we have been given a gift. We have been given a "daily reprieve contingent on the maintenance of our spiritual condition." This is very, very good news...."

"Recovered" Big Book Passages

Title Page: — The Story of How Many Thousands of Men and Women Have Recovered from alcoholism XIII: line 4 — To show other alcoholics precisely how we

have recovered is the main purpose of this book.

XV: line 12 — In that brief space....membership is far above 150,000 recovered alcoholics.

XXIII: line 22 — This man and over one hundred others appear to have recovered.

17: line 3 — Nearly all have recovered. They have solved the drink problem.

20: line 6 — ...we have recovered from a hopeless condition of mind and body.

29: line 3 — Further on, clear cut directions are given showing how we recovered.

44: line 25 — If a mere code of morals...were sufficient...

many of us would have recovered long ago. 90: line 23 — If he says yes....drawn to you as a person

who has recovered.

113: line 8 — ...thousands of men...have recovered. 132: line 30 — We have recovered, and have been given the power to help others.

133: line 14 — We, who have recovered ... are miracles of mental health.

RELATED LINKS

http://themsag.org/msag/recovered.html

http://thebigbookcomesalive.com/Recovered vs Recovering.pdf



Eating Meeting

celebrating the 80th Anniversary of Bill's first meeting with Dr. Bob

hosted by the Sober Group

May 12th, 2015

Oak Hill United Methodist Church



277 Oak Hill Road Candler, NC 28715



Fried Chicken & beverages provided
Please bring a covered dish
Doors open at 6:30
Eating begins at 7:00
Speaker (John G.) at 8:00



North Care State Convention Account 2nd, 2015 North Carolina

Hilton North Raleigh / Midtown 3415 Wake Forest Road • Raleigh, NC 27609

THERE IS A SOLUTION"

REGISTER NOW TO SUPPORT YOUR CONVENTION!

Convention Pre-Registration

before **June 22, 2015**

\$20.00 per person June 22, 2015 and after. Alateens 18 & under - No charge but must register.

(No Refunds after June 22, 2015)

Hotel Registration

Mention Group Code: AAC

Single & Double: \$98 + tax

Triple: \$108 + tax Quad: \$118 + tax

Phone: (919) 872-2323 - ask for NC State Convention and/or group code "AAC" to make reservations. On-Line: www.NorthRaleighHilton.com - enter group code "AAC" where prompted.

Cut-off for Conference rate: June 22, 2015

FOR PROBLEMS WITH HOTEL RESERVATIONS, PLEASE CALL ONE OF THE CONTACT PEOPLE TO THE RIGHT.

Speakers

Cathy B. Penrose, NC Harold L. St. Louis, MO Jouce R. Bethesda, MD **⚠** Deb D Cary, NC Bob B. St. Paul, MN Memphis, TN Nelson G.

- * FREE Convention Mug to First 500 Pre-Registrants!
- * Old-Timers' Panel
- * Workshops
- * 'Round the Clock Marathon Meetings
- * Open Discussion Meetings ()
- * Saturday Night Dance
- * Plenty of FREE Coffee

For More Information Contact:

Amv M. (252) 567-1984

Craig P. (919) 222-0605

Beth R. (704) 941-1220

OR Email: convention@aanorthcarolina.org

North Carolina 🕉 State Convention

Make checks payable to: **NC Convention Committee** PO Box 1387 • Knightdale, NC 27545-1387

Special Rate before June 22, 2015 - \$15.00 • Alateens 18 & under: No charge but must register.

Name			
Address			
City, State, Zip		Email	
	Telephone (
	Enclosed - \$	for	registration(s)
Name(s) to be printed on bac	ge(s) Please print		
Preferred method of contact:	□ Email □ Mail		



Speakers

Friday-Cindy M. Louisville KY. Saturday - Iron Mike, Bacliff, TX. Sunday - Mike L. Paducah, KY.

Workshops: Anger to Forgiveness, Forgiveness of the Heart

Suite 1BPMV#5 Cookeville, Tn. 38501. Note: anyone planning on sharing cabins please note on registration. Parade into Atlanta World 2015

Mail Registrations to: SMAACC 377 West Jackson St.

August 27-30 2015

Fall Creek Falls State Park Pikeville, TN

Pre-Registration Fee \$40.00 before July 29, 2014 \$5.00 for all meals/Thursday \$5.00 Includes Registration & Camping in Cabins Cabins are Youth Style (8 persons to a cabin) Electric is provided Need to bring your own bedding.

After July 29, 2014

Registration Fee \$45.00

Meals will be priced at \$5.00 each Campers/RV Sites available: Campgrounds: We have reserved a limited number of sites

this year

Please contact SMAACC DIRECTLY

Hotel 1-800-250-86

Each Night - \$92.28

For More Information

WWW.SMAACC. Org or Bill W 815.601.6894 Don R.931.239.1523 Sherri M.865.978.1891

		Registration Form	
Name			
Address:			
City:		State	Zip Code
Email Address:			
AA	Al Anon	Sobriety Date	
Phone :		Text M	essage?
Permission to Mail/ Email yo	ou Flyers:	Yes	No
Are you staying with us in a	Cabin?	Yes	No
Willing to Chair a Meeting?		Yes	No
Willing to Help at the Conve	ntion:	Yes	No

The 4th Annual 0.W.C.A.A.



The Ohio Women's

Conference of

Alcoholics Anonymous

is coming back to

Central Ohio!

Please join us and share experience, strength and hope as we journey together in sobriety.

Save the date!



WHEN: August 28-30, 2015

WHERE: Cherry Valley Lodge 2299 Cherry Valley Rd., SE Newark, Ohio 43055 (740) 788-1200

\$99 Room Rate - Limited Availability

Discussions • Leads • Hospitality

Contact:

Ismenie N., Chair Jackie D., Registrar Chasity P., Secretary

ohiowomensconferenceofaa@gmail.com

20th Annual Southeast Woman to Woman Conference

www.southeastwomantowomaneu.org

"Secrets Woman Don't Share"

(This conference is hosted by and for Sober Alcoholic and Alanon Women.)

September 18 - 20, 2015

"Taking Off The Mask"

Best Western Plus Landmark Hotel
2601 Severn Drive

Metairie, LA 70002

504-888-9500 Toll Free: 1-800-277-7575

Registration: \$20.00 per person (Deadline April 30, 2015)

\$30.00 per person (May 1, 2015)

\$35.00 per person at the door *money orders or cash only at the door*

Room Rates: Single/Double \$99.99 + tax = \$112.74 per night Condo Rates: 1 Bedroom Suites \$169.99 + tax = \$191.66 per night

"Mention SE Woman to Woman Conference"

Deadline for hotel reservations August 17, 2015 **Hotel cancellations must be made 24 hrs in advance**

Complimentary Parking

No Hotel Airport Shuttle

Chair: Joyce H. - LA 225-775-2685 Co-Chair: Desiree D. - LA 225-892-3072

Contacts: Karen D. - GA 404-284-0517 Brenda F. - NC 919-598-7280

Shirley J. - VA 757-846-8699 Pat B. - SC 803-270-7922

_ Sobriety Date Zip Co	
Zip Co	ode
Shuttle from &	to Airport
- Transport of the second	
AA	Al-Anon_
1	AA t Dietary Restric