

(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

Our Primary Purpose is to stay sober and help other alcoholics to achieve sobriety. - From the AA Preamble, copyright © The AA Grapevine, Inc.

"I Am Responsible. When Anyone, Anywhere Reaches Out For Help, I Want The Hand Of A.A. Always To Be There. And For That, I Am Responsible." – copyright © The AA Grapevine, Inc.

Are You Well-Informed on How To Do a 12-Step Call and/or 12-Step Visit when a still suffering alcoholic asks for help?



PHOTO SOURCE: "The Journey: Bill Wilson 12 Step Call." *AA Historical Photos, www. pinterest*.com

Would you be interested in attending a Spring Workshop on How to Do a 12-Step Call and Visit?

Our Central Office 12-Step Call List Committee would appreciate feedback on the proposed idea about having a Spring Workshop – specifically about How To Do 12-step calls/visits. Whether you have been on the 12-Step Volunteer Call List for a long time or you recently signed-up, or for those AAs who haven't yet done 12th Step 'work' – this would be an opportunity to share your experience and to learn more about this vital service. Your input and suggestions about a date and venue would be helpful. Please call or email Pam at Central Office: 828-254-8539; info@ncmco.net

For more information about "How to Do a 12-Step Call," here are some helpful links to our website where you can find a printable volunteer form, 12th Step Guidelines and brochure:

http://aancmco.org/12th-step-call http://aancmco.org/12th-step-guidelines http://aancmco.org/wp-content/uploads/2014/08/Brochure12-Step-Call-How-To-NCMCO-revised.pdf

Bill 'carried the message' to Dr. Bob ... We now have a huge worldwide fellowship where "each day, somewhere in the world, recovery begins when one alcoholic talks with another alcoholic, sharing experience, strength and hope." (*Forward to the Third Edition of* **Alcoholics Anonymous**, *pg. xxii*)

"The impact one alcoholic can have on the life of another is profound. And it doesn't take any special skills to accomplish – all it takes is the willingness to communicate with one another in the language of the heart." – *from "Working with Others*" in the book **I AM RESPONSIBLE: The Hand of AA – Selected Stories from the AA Grapevine**, pg. 49 – copyright © The AA Grapevine, Inc.



New NC Mountain Central Office, Inc. Profit & Loss January 2016

	-	
	Jan 16	
Ordinary Income/Expense		
Income Contributions		
Birthday Contributions	1.00	
Group Contributions Individual Contributions	2,985.39 14.18	
Total Contributions	3,000.57	
Interest on Money Market	0.65	
Sales Income	0,400,00	
Literature & merchandise Shipping	2,468.38 38.70	
Total Sales Income	2,507.08	
Total Income	5,508.30	
Cost of Goods Sold		
Cost of Goods Freight	19.27	
Literature & merchandise	2,010.43	
Cost of Goods - Other	0.40	
Total Cost of Goods	2,030.10	
Total COGS	2,030.10	
Gross Profit	3,478.20	
Expense Charitable Contributions	0.00	
Copier Rental	168.41	
Editor	120.00	
Office Expenses Office Supplies	20.00 137.06	
Payroll Expenses	1,147.82	
Rent Sales Tax Paid to Vendors	504.00 20.68	
Shipping to Groups	38.92	
Stamps/Postage	74.01	
Telephone & Internet Answering Service	107.50	
Office Telephone/Internet	145.97	
Total Telephone & Internet	253.47	
Vendor Discount Vendor Shipping	-38.16 9.00	
Total Expense	2,455.21	
Net Ordinary Income	1,022.99	
Other Income/Expense		
Other Expense Inventory Adjustment	0.12	
Total Other Expense	0.12	-
Net Other Income	-0.12	1
Net Income	1,022.87	1
	Sall the Asia Sal	3
in a state		1
12 2 2 2 2 2		5
		5
TTIN N SHOET N		4

March Grapevine is now available!

This month, we feature stories about staying sober through adversity



•Daily Grapevine Quote •The I-Poll •The Laugh's On Us •AAGV Info Emails <u>aagrapevine.org</u>

Cash on Hand as of 1/31/16 Money Market (Prudent Reserve) \$8,034.68 Operating Account (Checking) \$6587.27 Rent Deposit \$400.00 Petty Cash \$50.00

Call & Visitor Log

JANUARY 2016

12 Step Calls – 3 General Info – 2 Family Help – 1 Meeting Info – 20 Central Office Business – 44 Medical/Detox – 0 Visitors – 89

Answering Service (Operator-Asst) – 120 minutes (December) After-hours Phone Volunteers – 9 calls





ANNIVERSARIES



Acceptance Group

Acceptance	Group	
Chelsea F. Todd	3-04-2015 3-23-2015	1 yr 1 yr
Dave B.	3-29-1987	29 yrs
Natasha S.	3-30-2014	2 yrs
Around the F	Room Group	,
		00
Bruce A.	3-15-1988	28 yrs
AVL Big Boo Group	k Step Study	
Jaime B.	3-06-2014	2 yrs
AVL Women'	s BBSS Grou	р
Susan W.	3-30-1998	18 yrs
Back to Basi	cs Group - We	eaverville
Gary R.	3-05-2000	16 yrs
Ray C.	3-11-2013	3 yrs
Mike G.	3-19-1989	27 yrs
Alice W.	3-20-2008	8 yrs
Wally H.	3-22-1994	22 yrs
John W.	3-26-2014	2 yrs
Kelly B.	3-28-2014	2 yrs
Black Mount	ain Group	
Joe S.	3-27-2015	1 yr
Brevard Sere	enity Group	
Randy H.	3-02-2013	3 yrs
Robyn E.	3-22-2015	1 yr
Candler K.I.S	S.S. Group	
Doug O.	3-09-1972	44 yrs
Greg C.	3-15-2009	7 yrs
Patrice C.	3-15-2009	7 yrs
Bruce R.	3-21-1998	18 yrs
Rich W.	3-28-1994	22 yrs
Conscious C	ontact Group	
,	3-2011	5 yrs
Ron S.	3-2000	16 yrs

Cumberland (Group	
Bob G.	3-21-2015	1 yr
Daily Decision	s Group	
Aaron	3-16-2014	2 yrs
Fellowship Gr	oup	
Brian I. Julie D. Pete H. John B.	3-08-2013 3-08-1991 3-11-2014 3-13-2013	3 yrs 25 yrs 2 yrs 3 yrs
Grace Group		
Eli C. Marcus C. Betsy C. Alan D. Dick J. Anne M. Dave G.	3-01-2015 3-03-2013 3-13-1995 3-15-2012 3-15-2081 3-17-2013 3-25-1996	1 yr 3 yrs 21 yrs 4 yrs 35 yrs 3 yrs 20 yrs
Happy Hour G	roup	
Gary O. Patti E.	3-08-2010 3-21-2013	6 yrs 3 yrs
Hendersonvill	e Group	
Terry G. <i>Missed in</i>	3-13-1996 3-26-1979	20 yrs 37 yrs
<i>February</i> Mary R.	2-15-1991	25 yrs
Leicester Gro	up	
Ed M.	3-17-1974	42 yrs
Mars Hill Grou	qı	
Gary R. Ray C. Ed M. Alice W. Stephen Mc.	3-05-2000 3-11-2013 3-17-1974 3-20-2009 3-27-1983	16 yrs 3 yrs 42 yrs 7 yrs 33 yrs

Midday Group

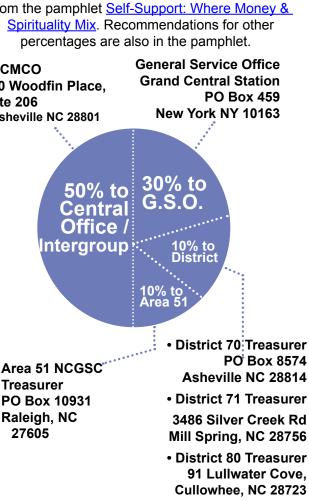
Bob I.	3-27-2008	8 yrs
Serenity Seeke John L. Billy S.	ers - Marion 3-01-2002 3-27-2014	14 yrs 2 yrs
Sisters in Sobr Cindy G.	riety - Cheroke 3-08-2005	e 11 yrs
There is a Solu Ralph B.	ution 3-03-1987	29 yrs
Total Surrende Mary Lynn W. John Q. Bruce R. Daniel C. Pam W. Sherry N. Women of Gra Tanya K. Nancy J. Julia J. Jane Y. Karen F.	3-02-2014 3-07-1989 3-21-1988 3-23-2011 3-25-2013 3-27-2011	2 yrs 27 yrs 28 yrs 5 yrs 3 yrs 5 yrs 3 yrs 33 yrs 10 yrs 14 yrs 45 yrs
	terda	MIKAS.
Happy	Annivers	ary

Need to update your Group's anniversary list? Call Central Office: (828) 254-8539 - or send a new list to: <u>info@ncmco.net</u>

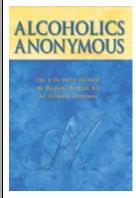
CONTRIBUTIONS	- January 2016
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Anonymous At Wit's End Group Big Town Group 671-200 BYOC - Bring Your Own Coffee Cashiers Valley Grp 122-589 Conscious Contact (Asheville) Day by Day Group 159-058 Early Bird Group 612-780	January \$82.53 \$130.40 \$276.78 \$81.35 \$172.40 \$292.12 \$550.00 \$25.00	Group Do A.A. Serv * from the pamphlet <u>Self</u> <u>Spirituality Mix</u> . Reco percentages are a NCMCO 70 Woodfin Place,	ice St -Suppor
High Noon Group 689-080 Mid Day Group (Hendersonville) 143-420 New Freedom Group 700-124 Original Way Group	\$210.00 \$100.00 \$50.00	Ste 206 Asheville NC 28801	Nev
Recovery by the River 674-892 Serenity Service 110-498 The Principles Group 675-162 Tryon Monday 5:30 Meeting Waynesville Grace Group 110-692 Women of Grace	\$7.00 \$59.06 \$25.00 \$35.75 \$60.00 \$800.00 \$28.00	50% to Central Office /	6.5
Total Group Contributions:	\$2,985.39	Intergroup	
Individual Contributions: Anonymous In Memory of B.G.	\$4.18 \$10.00		10% to Area {
Total Individual Contributions:	\$14.18		
Birthday Contributions:	\$1.00		• • • • •
Mountain Doin's Subscriptions:	\$0.00	Area 51 NCGSC	
Grand Total	\$3,000.57	Treasurer PO Box 10931 Raleigh, NC	•

Suggestions for Group Donations to the A.A. Service Structure*



<u>New Meeting</u> Joe & Charlie Big Book Study



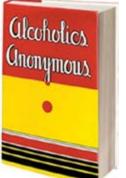
Where: Asheville 12 Step Recovery Club 370 N. Louisiana Ave, Suite G4, Asheville 28806

When: Tuesday at 6:00pm (Started January 19 - Ongoing)

Please join us as we learn about AA history, Bill W.'s writing style, and

gain a better understanding of the book Alcoholics Anonymous

Topics covered in the 19-week schedule include:



- AA History
- 1st and 2nd Forewords
- Doctors Opinion
- Bill's Story
- There is a Solution
- Spiritual Experience
- More about Alcoholism
- We Agnostics
- How it works (thru pg. 63)

For contact information, call Central Office 828-254-8539

MEETING UPDATES: Districts 70 • 71 • 80

New Meetings:

Asheville: Joe & Charlie Big Book Study: Tuesday 6:00pm. (C,BB/D) Asheville 12 Step Club, 370 N. Louisiana, Suite G4, Asheville 28806

Highlands: *Mountain View Group:* Thursday 12:00pm. (O,SS/MT) First Presbyterian Church, 471 Main St, Highlands 28741

Meeting Changes:

Brevard: *Brevard Men's Meeting:* (M,O,D) Has changed from Thursday to Wednesday at 7:00pm. United Community Bank - Straus Park, 1225 Asheville Hwy 28712

Asheville: Serenity Service Group: Meetings on Tuesday (C,D), Thursday (C,D) and Saturday (O,D) have changed time from 6:00pm to 5:30pm as of March 1. The Saturday 2:00pm (O,D) meeting remains the same. Central United Methodist Church, 297 Haywood St, Asheville 28801

Asheville/Skyland: Daily Reprieve – from fear to Faith: (C,W,SS) Time has changed from 12:00pm to 12:30pm as of March 1st. Skyland United Methodist Church (Aldersgate Room), 1984 Hendersonville Rd, Asheville 28803 (across from Dunkin' Donuts)

Asheville: Good Livers: Tuesday. (C,D) Time has changed from 12:15pm to 12:00pm as of February 1st. Grace Episcopal Church, 871 Merrimon Ave, 28804.

Asheville: Safe & Sound Group: Tuesday 7:00pm. (W,O,D) Last Tuesday of the month they will have an eating meeting at 6:00pm, followed by the regular meeting at 7:00pm. St Mathias' Episcopal Church, 1 Dundee St, 28801.

Candler: *S.O.B.E.R. Group:* Tuesday. (C,D) Time has changed from 8:00pm to 7:00p as of Dec 1. Oak Hill United Methodist Church, 277 Oak Hill Rd, 28715.

Mills River: *Moment of Clarity Group:* Monday. (O,BB/D) Time has changed from 6:00pm to 5:30pm. WNC 181 Club, 181 Oren Drive, 28759. Maggie Valley: Maggie Valley Group: Saturday 7:00pm. (O,D) Last Saturday is now "O,SP." Maggie Valley United Methodist Church, 4192 Soco Rd, 28751.

Discontinued Meetings:

Tryon: *Tryon 12 & 12 Meeting:* Wednesday 6:30pm. (C,SS/TR) 90 N Trade Street, Tryon NC 28782. Meeting has been discontinued as of February 3.

Asheville: Serenity Service Group: Meetings on Sunday at 2:00pm & 5:30pm have been discontinued. Central United Methodist Church, 297 Haywood St, Asheville 28801

Cashiers: *Cashiers Valley Group:* Thursday 10:00am. (O,BB) Cashiers Community Library, 249 Frank Allen Rd. Meeting has been discontinued as of February 11.

Cullowhee: Sober Lunch Bunch: Monday, Tuesday, Thursday and Friday at 12:20pm. (O,BB/D) Cullowhee Baptist Church, 148 Central Drive (on WCU Campus next to Hunter Library) Meetings have been discontinued..

The Service Express

Downloadable versions of the Mountain Doin's are available at <u>www.aancmco.org</u>. Updated Where & When meeting schedules are also available on the website.

All District Committee Chairpersons:

Please send updates on committee meeting times, recent activity, and upcoming service opportunities! April newsletter deadline is March15.

District 70: ashevilleaa.org

GSR Business Meeting – held the 2nd Sunday of the month. Next meeting is scheduled for Sunday February 14, 2:30pm, at St. Luke's Episcopal, 219 Chunns Cove Rd, Asheville

Service Committees Meeting – held the last

Tuesday of odd-numbered months. Next meeting is Tuesday, March 29, 6:00pm at Trinity Episcopal Church, 60 Church St, Asheville

District 70 still needs new Chairpersons for CPC/PI and Corrections Committees. Anyone interested in these service positions please attend the next GSR Business Meeting.

Bridging the Gap (with treatment facilities)

Attend the Service Committees Meeting or contact the TFC Chair at <u>ashevilleaa.org</u>; the BTG Chair or co-coordinator at <u>bridgingthegap</u>. <u>asheville@gmail.com</u> or <u>www.btgww.org</u>.

The District Archivist email is: archives@ashevilleaa.org

District 71:

GSR Meeting – normally held the 2nd Saturday of odd-numbered months. Next meeting will be ther 3rd Saturday, March 19, 1:30pm (instead of 1:00pm), at WNC 181 Club, 181 Oren Drive, Mills River, 28759. All interested AAs are invited to attend.

Correction Facilities Committee meets the 2nd Saturday of even-numbered months. The next Corrections Committee meeting is April 9th, 1:30pm, 1620 Willow Rd, Hendersonville.

District 80: aawnc80.org

GSR District Meeting will be Sunday, April 17, 1:30pm, Jackson County Family Resource Center, 1528 Webster Rd, Webster, NC 28788. Corrections is in need of both women and men to take meetings into jails.

CORs / NCMCO: aancmco.org

Next NCMCO Board meeting: Thursday, March 10, 6:00pm, 70 Woodfin Place, Asheville, 28801, in Suite 212 (just down the hall from Central Office)

Next combined COR/NCMCO Board meeting: Thursday, April 14, 2016, 6:00pm, at 70 Woodfin Place, Asheville 28801, in Suite 212. Anyone interested in receiving the Minutes from the COR/Board Meetings? Just send us an email (info@ncmco.net) and we will send the the Minutes. Better yet? Come to the next COR/ Board meeting!

The NCMCO Board position of Alternate Chairperson is open. Below is a description of the duties and qualifications:

Alternate Chairperson

1. Shall perform the duties of the Chairman when requested by the Chairman or in the case of his absence or inability to act.

2. Shall perform other duties as occasionally assigned.

3. Shall have at least five years continuous sobriety at the time of taking office.

All who might be interested please attend the next Board meeting.

Volunteers

Both men & women volunteers are needed for meetings at Correctional Facilities and County Jails as well as volunteers for Treatment Committee meetings going to Neil Dobbins and Copestone – especially women and young people. For more information on these vital

service opportunities attend your District's General Service Representative meeting, Service Committees meeting and/or Correctional Facilities Committee meeting. Or call Central Office – 828-254-8539 – for contact information.



Service Workshop

Central Office is contemplating having a workshop to discuss the various service structures and service opportunities. This would be done in combination with the General Service Districts 70, 71 & 80. No date, location or details have been decided yet. Your input and suggestions would be most welcome! Call or email Central Office: 828-254-8539; <u>info@ncmco.net</u>

SPECIAL MEETINGS AND EVENTS

- Freedom from Bondage Area 51 Corrections Conference. March 11-13. Hampton Inn & Suites, 200 Columbus Dr. Aberdeen, NC 28315. For more info, email: <u>corrections@aanorthcarolina.org</u> (see flyer)
- West Asheville Group. 61st Anniversary Celebration. March 26. Doors open at 6:30pm; eating meeting from 7-8pm (bring a covered dish to share); speaker meeting from 8-9pm. Abernethy United Methodist Church, 1418 Patton Ave, 28806. All will be welcome! (see flyer)
- Area 51 Western Pre-Conference. Saturday, April 2; noon until 4:00pm. Long's Chapel United Methodist Church, 175 Old Clyde Hwy, Waynesville, NC 28785 (See Flyer)
- 29th Annual International AA Men's Conference. April 15-17. Crowne Plaza Chicago O'Hare Hotel. 5440 North River Rd, Rosemont, IL 60018. For hotel reservations call: (877) 337-5793; mention: "Happy, Joyous and Free 2016." For conference registration online: www.IAAMC2016.org
- 21st Annual Oak Island Lighthouse Retreat. May 6-8. For more info and registration form, visit website: <u>www.</u> <u>oakislandlighthouseretreat.com</u>
- For NC Area 51 Conferences go to: www.aanorthcarolina.org
- For other events around the country/ world check out the aa.org website – Box 4-5-9 Bulletin Board: <u>http://www.</u> <u>aa.org/newsletters/en_US/en_box459_ holiday15.pdf</u>

12-Step Call Volunteers Needed in Western North Carolina

(Suggested that AA members have 1 year of sobriety, belong to a home group and have a sponsor.)

"I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible." —©The A.A. Grapevine, Inc.*

Our North Carolina Mountain Central Office (NCMCO) in Asheville has an AA member who is the Coordinator for the "12-Step Call List" – covering most of Western NC. That list consists of AA members who volunteer to be phoned when an alcoholic reaches out for help.

When a call for help is received at Central Office – or at the after-hours answering service (hotline) – an AA 12-Step volunteer is called and given the phone number of the person asking for help – AA members' phone numbers are not given out. We are especially in need of volunteers in some of the more remote areas as well as Spanishspeaking volunteers.

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail....Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail." —*Alcoholics Anonymous, p. 89**

"Practically every A.A. member declares that no satisfaction has been deeper and no joy greater than in a Twelfth Step job well done. To watch the eyes of men and women open with wonder as they move from darkness into light, to see their lives quickly fill with new purpose and meaning, to see whole families reassembled, to see the alcoholic outcast received back into his community in full citizenship, and above all to watch these people awaken to the presence of a loving God in their lives—these things are the substance of what we receive as we carry A.A.'s message to the next alcoholic." —*Twelve Steps* and *Twelve Traditions, pg 110**

Please contact Central Office to be included in our 12-Step Call Volunteer List at (828) 254-8539 (Mon-Fri 10:00am–1:00pm) or email us at info@ncmco.net or check our website for more information and a printable volunteer form: www. aancmco.org/12th-step-call/

Groups, please include this info with meeting announcements!

* Reprinted with permission from G.S.O. published and online materials

"FREEDOM FROM BONDAGE XXVIII"

Area 51 AA Corrections Conference

March 11-13, 2016

Hampton Inn & Suites 200 Columbus Dr. Aberdeen, NC 28315 (Just off US 15 501 Hwy}

Pre-registration for conference

\$15.00 per person before February 26,2016 \$18.00 at the door

Hotel registration

Hampton Inn& Suites 200 Columbus Dr. Aberdeen, NC 28315 Room reservations: (910)693-4330 or online at:

special rate: February 22, 2016

http://hamptoninn.hilton.com/en/hp/groups/personalized/S/ SNPNCHX-FFB-20160311/index.jhtml?WT.mc_id=POG *Code : FFB* Rate: \$94-Standard Room, \$104-Studio Suite Cut-off for

AGENDA

- Speakers
- Panels
- Workshops
- Fellowship
- All the coffee you can drink!
- "Sweet Thangs"

<u>For more information</u> E-mail: <u>corrections@aanorthcarolina.org</u> (704) 995-5288

	FREEDOM FROM BONDAGE XXVIII Area 51 AA Corrections Conference Pre-registration rate before February 26, 2016 \$15		Make checks payable to C and mail to: CFC PO Box 473193 Charlotte, NC 28247
NAME	NAME ON BA	ADGE	
NAME	NAME ON BA	ADGE	
ADDRESS	СІТҮ	STATE	ZIP
PHONE	EMAIL	# OF AA's	

Area 51 Western Dre-Conference

Saturday April 2

Noon until 4PM

Long's Chapel United Methodist Church

175 Old Clyde Highway

Waynesville, NC 28785

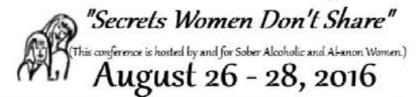
This is an exciting opportunity to get involved in the General Service Conference (GSC) process by discussing specific agenda items and providing feedback to our Area Delegate prior to the GSC in NYC.

lunch will be Provided

<<For a map link go to: aancmco.org/events/>>

21st Annual Southeast Woman to Woman Conference

www.sewomantowoman.org



"Serenity in the Mist"

The Crowne Plaza Tennis & Golf Resort 1 Resort Drive, Asheville, NC 28806 825-254-3211 or Toll Free 888-211-7755 Registration: \$25.00 per person (Deadline December 31, 2015) \$30.00 per person (January 1, 2016 - August 25, 2016) \$35.00 per person at the door *money orders or cash at the door*

> Room Rates: King \$149.00 + tax = \$168.37 per night Double/Queen \$129.00 + tax = \$145.77 per night "Mention SE Woman to Woman Conference"

Deadline for hotel reservations July 26, 2016

(Villas upon request. Villas are off-site: 5 min walk. Speak with Jess @ 828-285-2608)

Complimentary Parking

Airport Transportation can be requested from Crowne Plaza website.

Contacts: Jeannette D. 646-769-0483 struggles01@yahoo.com Peggy K. 310-800-5209 pstrandking@gmail.com Debbie G. 347-451-2057 debl622@aol.com Debbie P. 828-665-1762 dlp1fla1@bellsouth.net Dianne L. 919-349-6018 dpete12@yahoo.com

Name		Nan	ne on Badge	
Address			Sobriety Date	
City		State	Zip C	ode
Phone ()	Email		- <u>N</u>	
Special Needs			Volunteer (Are	you willing?)
Registration Fee \$	Scholarship	Donation §	AA	Al-Anon
Banquet (\$40.00) Fish	Chicken Ve	getarian Banquet (\$	40.00)	
T-Shirt (\$15.00) S M L	XL2X3X	Mugs (\$7.00)		
Total Amount Enclosed \$				
Make checks payable to : S	E Woman to Womar	(sewtw)		
Mail to: P.O. Box 5675, Asl		0. NOT 10 CONTROL 01		



Date: March 26, 2016

Doors open at 6:30

Eating meeting from 7-8pm Bring a covered dish to share (All will be welcome)

Speaker Meeting 8-9pm Speaker: TBD Location: Abernethy United Methodist Church

Address: 1418 Patton Ave Asheville, NC 28806

