

# MOUNTAIN DOG

**NOVEMBER 2018**

(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

## Central Office Board Positions Open

Our current Central Office Treasurer's term will be completed at the end of the year, so we will be looking for someone to fill that position for a 2-year term that will start in January. Here are the duties and responsibilities:

### Treasurer – 2-year term (2019-2020)

1. Having charge and custody of all funds of Central Office.
2. Accuracy of all financial records of Central Office.
3. Receipts and disbursements as approved by the Central Office's various committees.
4. Arrange for preparation and filing of all required tax returns.
5. Preparation of an annual financial report.
6. Preparation of monthly financial report and presentation to the Central Office Board and COR General Committee.
7. Attend Central Office Board and General Committee meetings.
8. Shall have at least five years' continuous sobriety at the time of taking office.

And we are again looking for a new Secretary, since the person who started in August had to resign due to a conflict with her schedule. Here are the duties and responsibilities:

### Secretary – 2-year term (would finish current 2018-2019 term)

1. Shall perform all duties incident to the office and others as assigned.
2. Shall take minutes of all COR and Central Office Board meetings and have copies available at the Central Office's customary place of business within 14 days after the meeting.
3. Shall follow the Alternate Chair in line of succession to the Chair.
4. Shall have at least five years' continuous sobriety at the time of taking office.

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## Thanks District 70! The Picnic Was Primo!

A big shout-out goes to Bill W., District 70 DCM, and the District 70 event committee! They helped make the Central Office – District 70 Picnic at Carrier Park on October 13 a big success. District 70 cooked burgers, brought drinks and provided games to make the afternoon fun. Thanks also to C.J., our speaker from Waynesville who was excellent; to Hope, Dawn, Brian, Hawk, Doug and all who helped with setup and clean up. We are looking forward to hosting a joint District 70 – Central Office Picnic again next year.

With gratitude, Mike M.



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

	<u>Sep 18</u>	<u>Jan - Sep 18</u>
Ordinary Income/Expense		
Income		
Contributions		
Birthday Contributions	36.00	279.00
Group Contributions	3,609.64	23,548.94
Individual Contributions	11.55	133.39
Subscriptions	0.00	33.00
Total Contributions	<u>3,657.19</u>	<u>23,994.33</u>
Interest on Money Market	0.91	8.28
Sales Income		
Literature & merchandise	2,519.07	22,511.60
Shipping to groups	32.94	390.87
Total Sales Income	<u>2,552.01</u>	<u>22,902.47</u>
Total Income	<u>6,210.11</u>	<u>46,905.08</u>
Cost of Goods Sold		
Freight - vendor shipping	18.40	300.30
Literature & merchandise	2,122.52	18,336.06
Total COGS	<u>2,140.92</u>	<u>18,636.36</u>
Gross Profit	4,069.19	28,268.72
Expense		
Copier Rental		
Buncombe Co. Prop. Tax	53.64	53.64
Copier - IT charge	0.00	60.00
Copier - monthly fee	147.63	1,319.87
Total Copier Rental	<u>201.27</u>	<u>1,433.51</u>
Editor	135.00	1,215.00
Fire Inspection (good for 3yrs)	0.00	25.00
ICOOA Conference	1,002.71	1,002.71
New Computer, Software, IT Asst	0.00	813.29
Office Expenses	30.00	250.00
Office Supplies	29.66	268.74
Payroll Expenses		
Gross Salary (Including Taxes)	1,144.00	10,945.13
Payroll Taxes (Company)	87.51	879.30
Processing (for Direct Deposit)	5.25	50.75
Total Payroll Expenses	<u>1,236.76</u>	<u>11,875.18</u>
QuickBooks Expenses		
Payroll Subscription - Annual	0.00	230.05
QB Pro 2018 (good for 3 yrs)	0.00	205.90
Total QuickBooks Expenses	<u>0.00</u>	<u>435.95</u>
Rent	550.00	4,902.00
Sales Tax on supplies	12.41	128.06
Shipping to groups	32.94	392.05
Stamps/Postage	78.26	682.07
Telephone & Internet		
Answering Service	88.00	786.00
Office Telephone/Internet	148.56	1,337.42
Total Telephone & Internet	<u>236.56</u>	<u>2,123.42</u>
Vendor Shipping	<u>0.00</u>	<u>10.50</u>
Total Expense	<u>3,545.57</u>	<u>25,557.48</u>
Net Ordinary Income	523.62	2,711.24
Other Income/Expense	0.00	-1,004.21
Net Income	<u><u>523.62</u></u>	<u><u>1,707.03</u></u>

## November Grapevine is now available!

This month's special section is "Classic Grapevine," featuring stories about what AA was like in its very early days.



[www.aagrapevine.org](http://www.aagrapevine.org)

Cash on Hand as of 9/30/2018

Prudent Reserve (Money Market)

\$11,061.40

Operating Account (Checking)

\$10,812.29

Rent Deposit \$400.00

Petty Cash \$50.00

## Call & Visitor Log

### September 2018

12 Step Calls – 3

General Info – 3

Family Help – 0

Meeting Info – 7

Central Office

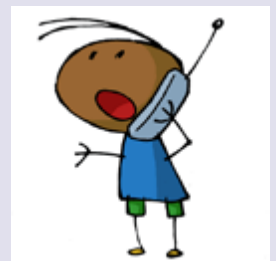
Business – 40

Medical/Detox – 0

Visitors – 74

Answering Service (Operator-Asst) – 71 minutes

After-hours Hotline Volunteers - 54 calls



Visits to aaNCMCO.org website:

Unique Visitors: 810

Unique Visits: 1,336 (1.68 per visitor)

Pages: 5,338 (3.9 per visit)



# Contributions

	<b>Sept 2018</b>	<b>YTD</b>		<b>Sept 2018</b>	<b>YTD</b>
11-11-11 Meeting		\$0.00	No Name Group - Murphy		\$150.00
12 & 12 Study Group	\$50.00	\$100.00	Papertown Group	\$67.59	\$67.59
2nd Chance Group - Cherokee 712-180		\$200.00	Phoenix Group		\$40.00
3 Legacies Group 709-522		\$0.00	Pisgah Group		\$300.00
4th Dimension Group		\$0.00	Practicing Principles 667-311		\$0.00
Acceptance Group 122-477		\$1,890.03	Primary Purpose Group		\$9.00
Agnostics, Atheists & Freethinkers AA Group		\$300.00	Recovery by the River 674-892		\$374.65
Andrews Group 110-494		\$25.00	Roundtable Group 135-605		\$9.00
Anonymous	\$50.00	\$453.09	Rule 62 Group		\$102.00
Around the Room Group		\$20.00	Safe & Sound 645-654		\$250.00
AVL Big Book Step Study Group 637-843	\$18.00	\$73.86	Saluda Back to Basics Group		\$25.00
AVL Women's Big Book Step Study 703-990		\$109.00	Saturday Morning Men's Meeting		\$475.00
At Wit's End Group		\$88.44	Serenity Now 670-803		\$75.00
AWOL Group		\$0.00	Serenity Seekers - Marion Noon AA 663-204	\$100.00	\$150.00
Back to Basics Grp - Weaverville 147-139		\$50.00	Serenity Service Group 110-498	\$25.00	\$225.00
Big Town Group 671-200	\$204.78	\$548.97	Sisters in Sobriety - Whittier		\$0.00
Black Mountain Group 117-117		\$35.25	Skyland 12&12 Group		\$130.00
Brevard Men's Group	\$150.00	\$250.00	Speed Bump Group 512-851		\$0.00
Brevard Serenity Group 631-231	\$250.00	\$250.00	Spiritual Fitness Group 720-419		\$130.00
Bryson City Group 110-467		\$450.00	Sunshine AA Group 163-759		\$100.00
But for the Grace of God Group	\$22.50	\$54.80	Surrender Group	\$150.00	\$300.00
BYOC - Bring Your Own Coffee		\$660.21	The Meeting		\$50.00
Candlelight Meeting		\$0.00	The Principles Group		\$19.50
Candler KISS Group 163-148		\$35.50	Total Surrender Group		\$216.34
Cashiers Valley Grp 122-589		\$598.69	Tryon Monday 5:30 Meeting	\$99.00	\$369.18
Cedar Mountain Group 161-082		\$110.00	Tuesday Night Men's Group 179-001		\$100.00
Columbus Group 150-908		\$42.50	United With Hope Group 719-052		\$241.00
Conscious Contact Group - Asheville		\$524.00	Waynesville Grace Group 110-692		\$1,550.00
Cullowhee Valley Group 118-129		\$50.00	We Are Not Saints Group		\$0.00
Cumberland Group 122-472	\$50.00	\$350.00	We Think Not Group 700-411		\$190.00
Daily Decisions 643-869		\$269.07	West Asheville Group 110-501		\$0.00
Day by Day Group 159-058		\$1,597.50	Women's BBSS Group - Hendersonville		\$0.00
District 71		\$250.00	Women's Grapevine Meeting		\$0.00
Down But Not Out Group		\$0.00	Women of Courage		\$630.00
Dry Dock Group		\$25.00	Women of Grace		\$150.00
Early Bird Group 612-780		\$257.00	Working at Recovery		\$0.00
Fellowship Group 655-542		\$335.64			
Fireside Group 655-046	\$150.00	\$312.50			
Flat Rock Men's AA Meeting		\$50.00			
Good Livers 666-360	\$50.00	\$250.00			
Grace Group 161-970	\$791.27	\$1,960.21			
Great Fact Group	\$500.00	\$500.00			
Happy Hour Group - Hendersonville 169-182		\$250.00			
Happy Hour Group - Waynesville		\$0.00			
Happy, Joyous & Free - Columbus		\$43.00			
Heart Fire Group		\$461.00			
Hendersonville Group 110-594		\$375.00			
High Noon Group 689-080		\$90.00			
Higher Power Tower Hour Group		\$0.00			
Joe & Charlie Big Book Study		\$0.00			
Joy of Living - Brevard 669-820		\$100.00			
Kanuga Group 645-767		\$100.00			
Lambda Group 617-035		\$363.75			
Landrum Group 715-401		\$45.22			
Leicester Group 143-417	\$100.00	\$100.00			
Library Group 672-283		\$80.00			
Maggie Valley Group 158-950	\$200.00	\$415.00			
Maple Grove Group 121-212		\$0.00			
Marion AA Group 110-621	\$200.00	\$200.00			
Marshall Group 100-489	\$108.00	\$108.00			
Mars Hill Group 130-895		\$0.00			
Meditation Mondays		\$50.00			
Men's Attitude Adjustment Group 670-850		\$0.00			
Mid-day Grp (Hendersonville) 143-420		\$93.32			
Mill Springs Group 656-821		\$65.00			
Mission Group 606-119	\$25.00	\$91.32			
Monday 6:00 Open Meeting	\$126.00	\$436.00			
Mountain View Grp (Highlands) 110-598		\$527.26			
New Freedom Group 700-124		\$40.00			
Newland Serenity (Linville Mtg.)		\$10.55			
			<b>Total Group Contributions:</b>	<b>\$3,609.64</b>	<b>\$23,548.94</b>
			<b>Individual Contributions:</b>		
			Anonymous	\$1.55	\$43.39
			In Memory of B.G.	\$10.00	\$90.00
			<b>Total Individual Contributions:</b>	<b>\$11.55</b>	<b>\$133.39</b>
			<b>Birthday Contributions:</b>		
			Anonymous		\$53.00
			Karin S.	\$36.00	\$36.00
			Monica G.		\$190.00
			<b>Total Birthday Contributions:</b>	<b>\$36.00</b>	<b>\$279.00</b>
			<b>Mountain Doin's Subscriptions:</b>	<b>\$0.00</b>	<b>\$33.00</b>
			<b>Grand Total:</b>	<b>\$3,657.19</b>	<b>\$23,994.33</b>

Note: If you think there is a contribution missing from your group total, please let us know. Though we try our best to get donations listed correctly, we do make mistakes sometimes and list a donation under the wrong group. As always, we thank you for your generous support!





# MEETING UPDATES:

## Districts 70 • 71 • 80

### New Meetings:

**Candler: Sojourners Group:** Wednesday 7:15pm (O,D)  
First Christian Church, 470 Enka Lake Rd, Candler 28715

**Flat Rock: A Spiritual Awakening:** Thursday 7:00pm  
(O,ES/MT) St John in the Wilderness Church, 1895  
Greenville Hwy, Flat Rock 28731

### Discontinued Meetings:

**Hendersonville: Meditation Mondays:** Monday 7:00pm.  
(O,ES/MT) True Ridge, 110 Edney St, Suite A (directly  
off Spartanburg Hwy), Hendersonville. Meeting was  
discontinued in October.

**Asheville/Skyland: Daily Reprieve:** Thursday 12:30pm.  
(W,C,SS) Skyland United Methodist Church, 1984  
Hendersonville Rd, Asheville 28803. Meeting will be  
discontinued as of November.

### Important input from a local AA Group:

Several groups have made their meeting child-friendly ("c-f" on the Where & When) which, in keeping with our third tradition, is a really great thing. Even if a meeting is not listed as child-friendly, groups usually (and should) allow a parent to attend. One important thing for a parent to remember is please do not allow your child to roam around the meeting room or the facility where the meeting is held. Remember we are all welcomed guests where we meet and if a child were to get hurt or hurt someone else it could jeopardize the group's use of the meeting space. Thank you.

## The SERVICE EXPRESS

December newsletter deadline for sending in announcements is **November 15th**.

### District 70:

**GSR Business Meeting** – normally held the 2nd Sunday of the month. The next meeting will be **Sunday, November 11, 2:30pm**, at St. Luke's Episcopal Church, 219 Chunns Cove Rd, Asheville 28805.

**Service Committee Meeting** – Now held the first Sunday of the month. Next meeting is **Sunday, November 4, 12:15pm**, at North Asheville Community Center, 37 E. Larchmont Dr, Asheville, 28804 (immediately following the 11:00am Conscious Contact meeting.) Needed are service volunteers for Treatment Facilities, Men & Women's Corrections Facilities, Cooperation with the Professional Community and Public Information. Please attend to learn more about these opportunities.

**Treatment Facilities Committee** – Ian O. and Zack are Committee Chairs. Contact them at [treatment@ashevilleaa.org](mailto:treatment@ashevilleaa.org) to volunteer for service at ADATC, Neil Dobbins, Montford Hall, Copestone, Pavillon Treatment Center and the Veteran's Administration. It's all about bringing the message of recovery to alcoholics in treatment facilities and to set up means of "bridging the gap" from the facility to an

A.A. group. Here is a link for the Treatment Committee flyer: <http://ashevilleaa.org/wp-content/uploads/2018/09/Treatment-Flyer.pdf>

**"Bridging the Gap" (with treatment facilities)** – If you are interested in this service please contact the TFC Chair (above) or the BTG co-coordinator at [bridgingthegap.asheville@gmail.com](mailto:bridgingthegap.asheville@gmail.com).

**Updates:** A new "Treatment Facilities Service Display" is in the works. For information on Bridging the Gap, visit the website: [www.btgww.org](http://www.btgww.org)

**Corrections Committee** – Women's Chairs are Denise J. and Casey - contact at [women\\_corrections@ashevilleaa.org](mailto:women_corrections@ashevilleaa.org). Temporary contact for Men's Corrections is Bill W. - at [bill@wermecom.com](mailto:bill@wermecom.com). Volunteers are needed for carrying the message of recovery to alcoholics behind the walls. Here is a link for the Corrections Committee flyer: <http://ashevilleaa.org/wp-content/uploads/2018/09/Corrections-Flyer.pdf>

The Buncombe County Detention Facility has varying needs of support for meetings inside the jail. Here is a new application for volunteering at BCDF: <http://aancmco.org/wp-content/uploads/2018/05/Volunteer-App-12-18-17.pdf> Any AA member wanting to volunteer at BCDF needs to be referred or recommended to service by a local Corrections Chairperson or current jail volunteer. This will provide an umbrella of order and accountability with whomever enters the building with the organization. Applications, with the above identified references/recommendations named on the application, can be sent directly to Sarah Regala, Program Director at BCDF: [Sarah.Regala@buncombecounty.org](mailto:Sarah.Regala@buncombecounty.org). AA members new to town need to connect with District Corrections Chairpersons/meetings/volunteers for referrals.

If you are interested in this volunteer service or have questions about the application and orientation process, please contact Bill W. at [bill@wermecom.com](mailto:bill@wermecom.com). For more information attend the next GSR Meeting and/or the Service Committees Meeting.

Volunteers are needed for daytime A.A. meetings at Swannanoa Correctional Center for Women (SCCW). The meetings are Fridays from 12:15-1:30pm; males may attend but must be accompanied by females. Text Denise for more details: 401-450-6487.

**CPC/PI Committee** – Joe T. is the Chairperson. Contact him at [cpc\\_pi@ashevilleaa.org](mailto:cpc_pi@ashevilleaa.org). These are two separate service committees – "Cooperation with the Professional Community" and "Public Information". The CPC committee visits schools, businesses and community meetings to speak about AA. Volunteers for area events are needed for health clinics and DUI classes to name a few. The PI committee provides accurate A.A. information to the public and media when requested. Here is a link for the CPC/PI Committee flyer: <http://ashevilleaa.org/wp-content/uploads/2018/09/CPC-PI-Flyer.pdf>

Volunteers are needed for upcoming area events; please contact Joe.

### District 71:

**GSR Meeting** – held the 2nd Saturday of the month. The next meeting will be **Saturday, November 10, 9:30am**. 1624 Willow Rd, Hendersonville, 28739. The Corrections Committee now meets in conjunction with the GSR meeting.

The Corrections Committee is in need of men volunteers to take A.A. meetings into the Transylvania County Jail and the Henderson County Detention Center. All who are interested in participating in this vital service please attend the District 71 GSR - Corrections Committee meeting in November, or call/email Central Office – 828-254-8539; [info@ncmco.net](mailto:info@ncmco.net) – for contact information.

### **District 80:**

**GSR District Meeting** will be **Sunday, January 20, 1:30pm**, at Jackson County Family Resource Center, 1528 Webster Rd., Webster 28788. They will be looking for a new Corrections Chairperson and a Grapevine Chairperson. All interested A.A. members are welcome to attend.

There is a concern about the lack of 12-Step Call Volunteers, especially in some of the more remote parts of Western NC. The Murphy Central Office only covers a small area. And while the NC Mountain Central Office covers all of Districts 70, 71 and 80 there is a shortage of volunteers on the 12-Step Call list in the counties within District 80. All who are interested in this service are encouraged to call Central Office – 828-254-8539 – or check the website: [www.aaNCMCO.org](http://www.aaNCMCO.org)

Matt C., the coordinator for meetings taken into the Appalachian Community Services Center located at 91 Timberlane Rd in Balsam, said they need volunteers to take AA meetings into the facility. The meetings are every Monday and Wednesday at 6 pm and every other Saturday at 5:30. If you are interested in participating in this service please email or call Matt: [mbcomins@gmail.com](mailto:mbcomins@gmail.com) - 201-657-4542.

### **NCMCO / CORS**

**The next NCMCO Board meeting** will be **Thursday, November 8, 6:00pm**, 70 Woodfin Place, Suite 212 (just down the hall from Central Office), Asheville 28801.

**The next quarterly combined COR/NCMCO Board meeting** will be **Thursday, January 10, 6:00pm**, at the same location. All are welcome to attend the Board meetings and the combined COR/Board meetings but only Central Office Representatives can vote on issues, so we encourage all groups to send a COR!

## Special Meetings and Events

**Serenity After the Storm:** NCCYPAA XXII. North Carolina Conference for Young People in AA. Rescheduled for November 15-18. Courtyard Marriott (Oceanfront Hotel) Carolina Beach, NC. For hotel reservations call 910-458-2030 (use code: NYAR). For more information, visit website: [www.nccypaa2018.com](http://www.nccypaa2018.com)

**NC Native American AA Convention:** November 15 – 18, Cherokee Indian Fairgrounds, 545 Tsali Blvd, Cherokee, NC. For event and registration information, visit website: [www.indiansinsobriety.org](http://www.indiansinsobriety.org)

**Conscious Contact Celebrates 25 Years!** November 17. Potluck dinner at 6:30pm; speaker meeting at 8:00pm. Group will provide the main course, standard diet and vegetarian entrees, coffee, tea, water and dessert. Join them for fellowship, speakers, door prizes and sobriety countdown. North

Asheville Community Center, 37 E. Larchmont Rd, Asheville 28804

**Thanksgiving Day Holiday Alkathon:** Thursday, November 22. Fellowship, food and meetings. 12 Noon through 10:00pm. Meetings held all day on the even hours. Hendersonville Group, 1624 Willow Rd (opposite Valley Hill Fire Dept.) Hendersonville 28739

**Gratitude Gathering:** Hosted by The Kitchen Table Group. Thursday, November 22. Food, fun and fellowship. Meetings at 8am, 9:30am, 11am, 12:30pm, 4pm, 6pm, 8pm, 10pm. Turkey at 2pm! Potluck all day; bring a dish to share. Asheville 12 Step Recovery Club, 22B New Leicester Hwy, Asheville 28806

**Woodstock of the South:** November 29-December 2. Legacy Lodge at Lake Lanier Islands, 7000 Lanier Islands Parkway, Buford, GA 30518. For more information and registration form, visit website: [www.aawoodstock.com](http://www.aawoodstock.com)

**Hilton Head Mid-Winter Conference:** January 25-27, 2019. The Westin Hilton Head Resort & Spa, 2 Grass Lawn Ave, Hilton Head Island, SC 29928. For more information and registration form, visit website: [www.hiltonheadmidwinterconference.com](http://www.hiltonheadmidwinterconference.com)

**55th International Women's Conference:** February 7-10, 2019. The Westin Bonaventure Hotel & Suites, 404 South Figueroa St, Los Angeles, CA 90071. For more information and registration form, visit website: [www.internationalwomensconference.org](http://www.internationalwomensconference.org)

**NC Area 51 Conferences and Events:** [www.aanorthcarolina.org](http://www.aanorthcarolina.org)

**Area 51 Fall 2018 Election Assembly:** November 3-4. Business Meeting Starts: 12:30pm Saturday; ends: 11:30am Sunday. Open to all A.A. Members. Hilton North Raleigh, 3415 Wake Forest Road (Exit 10 off I-440 Beltline) Raleigh, NC 27609-7316. Hotel Reservations: Local Phone: (919) 872-2323; Toll-Free: (800) 445-8667; Website: [www.NorthRaleigh.Hilton.com](http://www.NorthRaleigh.Hilton.com)

**GSO in New York:** [www.aa.org](http://www.aa.org)

**Southeast Regional Forum:** November 16-18. Sterling, VA. Registration opened September 17. Here is the link for the registration form: [https://www.aa.org/assets/en\\_US/en\\_SE\\_preregistrationform\\_2018.pdf](https://www.aa.org/assets/en_US/en_SE_preregistrationform_2018.pdf) For questions about the forums program, contact Steve S. at [regionalforums@aa.org](mailto:regionalforums@aa.org) or 212-870-3120. For questions about the forum registration process and hotel accommodations, contact Maria M. at [moralesm@aa.org](mailto:moralesm@aa.org) or 212-870-3141.

For other events around the country and the world, as well as great articles and information, go to: [www.aa.org](http://www.aa.org) and Box 4-5-9 Bulletin Board: [www.aa.org/newsletters/en\\_US/en\\_box459\\_fall18.pdf](http://www.aa.org/newsletters/en_US/en_box459_fall18.pdf)

# Still Growing

I had no desire to stop drinking when my doctor sent me to AA. I just wanted to stop being sick. I wanted to stop bringing shame to my family. I wanted control over my life.

I had just finished nine months of church-centered sobriety when alcoholism tapped me on my shoulder. Like an ex-lover, it whispered in my ear, "Come back to me. I won't hurt you. Remember all the good times?"

My razor-sharp mind said, "Go ahead, you haven't had anything to drink in nine months ... just be careful. You can leave the bar after an hour or so. You've been so good."

I walked into the bar shortly after lunch. At midnight, I remember the bartender telling me that she had run out of cream for the Brandy Alexanders I was drinking. She said that I'd had 17 of them since she had been on duty. I congratulated myself on how well I was maintaining.

If we don't die in our drunkenness, there is always the morning after. I had no physical tolerance for alcohol left. I thought I was dying. I took myself to the doctor, who medicated me and sent me directly to an AA person.

I was into self-help programs and approached AA with that mentality. I could admit that alcohol was calling some shots in my life, but I certainly was not an alcoholic. I came to AA to study the program.

My sponsor knew I didn't want to stop drinking and walked me through the Steps, adding phrases like, "I think you're as honest as you can be," and "Maybe more than one meeting a week would work better for you."

She kept me busy and waited for my change in attitude. I stayed sober. No relapse. That was May 7, 1970.

My "want to" showed up about four years into the program – my want to stay sober. AA allowed me to come to its garden and grow. I did just that.

I'm grateful to the gentle souls who nurtured me and let me ripen, like a vine-ripened tomato, in the sunlight of the spirit. When I awakened to the spiritual principles in AA, it was then that my "want to" came alive.

When I talk with a reluctant newcomer, I want to offer them hope and a safe place to be while they're waiting on their own "want to." – June B., Columbus, Ohio

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## A Free Subscription for You!

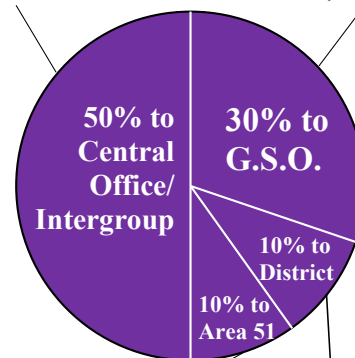
The full-color edition of our monthly newsletter is available free! We will email the digital Mountain Doin's directly to you with all the latest information about meeting changes, special events, service opportunities and much more. Subscribe by emailing us at [info@ncmco.net](mailto:info@ncmco.net). The newsletter is also posted online at [www.aancmco.org](http://www.aancmco.org) and [www.ashevilleaa.org](http://www.ashevilleaa.org).

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

\* from the pamphlet "Self-Support: Where Money & Spirituality Mix." Recommendations for other percentages are also in the pamphlet.

NCMCO  
70 Woodfin Place,  
Ste 206  
Asheville, NC 28801

General Service Office  
Grand Central Station  
PO Box 459  
New York, NY 10163-0459



Area 51 NCGSC  
Treasurer  
PO Box 1181  
Burlington, NC 27216

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

District 71 Treasurer  
246 Laurelwood Lane  
Mills River, NC 28759

District 80 Treasurer  
125 Sunshine Cove Rd.  
Waynesville, NC 28785





# ANNIVERSARIES

## Acceptance Group

Todd B.	11-12-2017	1 yr
Tony B.	11-12-2017	1 yr
Jimmy M.	11-14-2014	4 yrs
Phyllis N.	11-24-1989	29 yrs
Hayle B.	11-25-2016	2 yrs
Elise	11-27-2016	2 yrs

## Around the Room Group

Patrick T.	11-05-2015	3 yrs
Perry H.	11-25-1980	38 yrs

## Black Mountain Group

Anne O.	11-06-1979	39 yrs
Phillip R.	11-12-2017	1 yr
Eddie W.	11-29-2017	1 yr

## Conscious Contact Group

Kay G.	11-05-1984	34 yrs
Rebecca B.	11-17-1990	28 yrs
Debbie S.	11-19-1992	26 yrs
Patricia S.	11-25-2013	5 yrs
Jennifer V.	11-28-2004	14 yrs

## Cumberland Group

Marianna K.	11-20-2015	3 yrs
Stephen D.	11-28-2013	5 yrs

## Daily Decisions Group

David A.	11-08-2017	1 yr
Missed in October:		
Marcia	10-30-2005	13 yrs

## Fellowship Group

Margaret D.	11-01-2016	2 yrs
Jill R.	11-03-1985	33 yrs
Jan J.	11-04-1982	36 yrs
Joy P.	11-04-2010	8 yrs
David S.	11-06-1986	32 yrs
Gregory S.	11-07-2016	2 yrs
David N.	11-12-2015	3 yrs
Jon L.	11-17-2015	3 yrs
Al L.	11-18-1988	30 yrs
Jennifer V.	11-28-2004	14 yrs

## Good Livers Group

Steven M.	11-04-1994	24 yrs
Barb B.	11-11-2016	2 yrs
Suzanne L.	11-14-1986	32 yrs
Belinda	11-18-1988	30 yrs
Thelma C.	11-18-2015	3 yrs
Laurie S.	11-19-2011	7 yrs
Roger M.	11-20-2012	6 yrs

## Grace Group

Sarah P.	11-05-2016	2 yrs
Jane M.	11-06-1999	19 yrs
Andrew S.	11-10-2017	1 yr
Troy S.	11-12-2012	6 yrs
Chuck E.	11-26-2011	7 yrs

## Happy Hour Group

Jim S.	11-08-2015	3 yrs
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## Hendersonville Group

Danny McC.	11-07-1993	25 yrs
Paul B.	11-07-1979	39 yrs
Jerry B.	11-09-1988	30 yrs
Alison G.	11-11-1988	30 yrs
Beth R.	11-19-1991	27 yrs
Jan M.	11-19-1990	28 yrs
David L.	11-28-2008	10 yrs
Sue H.	11-28-2014	4 yrs

## Mars Hill Group

Tony V.	11-14-1974	44 yrs
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## Marshall Group

Leslie S.	11-10-1981	37 yrs
Carolyn	11-20-2004	14 yrs

## Riverside - Last Chance Group

Lance W.	11-06-2013	5 yrs
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## Total Surrender Group

Derry O.	11-05-2012	6 yrs
Megan	11-07-2017	1 yr
Rachel K.	11-08-2015	3 yrs
Jenny G.	11-09-2016	2 yrs
Denise K.	11-28-1983	35 yrs

## Traditional Group

Michael W.	11-06-2009	9 yrs
Sarah C.	11-13-2013	5 yrs
Ed F.	11-25-2013	5 yrs
Paul S.	11-26-2012	6 yrs

## United With Hope Group

Al L.	11-18-1988	30 yrs
Paul W.	11-27-1984	34 yrs

## Waynesville Grace Group

Paula B.	11-05-1995	23 yrs
Martha F.	11-11-1986	32 yrs
Chad M.	11-14-2013	5 yrs
Alison W.	11-15-1994	24 yrs
Cathy S.	11-18-1999	19 yrs
Mike S.	11-28-1994	24 yrs

## Women of Grace Group

Jordyn P.	11-05-2009	9 yrs
Sarah Y.	11-13-2009	9 yrs

Need to update your Group's anniversary list?  
Call Central Office - 828-254-8539 - or send a new list to:

[info@ncmco.net](mailto:info@ncmco.net)

December newsletter deadline for sending in  
anniversaries and announcements is  
November 15.



# Happy Birthday



# 26th Annual North Carolina Native American AA Convention November 15-18, 2018 Cherokee, North Carolina

**Early Registration \$30.00/person (under 10 free)**

*Early registration ends Nov. 1, 2018*

**Registration at the door \$40**

Fee includes Participation in all Conference events, Meals, and Snacks

**Registration begins: At Noon Thursday, November 15, 2018**

**Location: Cherokee Fair Grounds 545 Tsali Blvd. Cherokee, NC 28719**

Suggested Motels

Cool Waters Motel	828-497-3855
Great Smokies Inn	828-497-2020
Baymont Inn	828-497-2102
Rolling Hills (walking distance)	828-497-5371

Lodging is not included. Please call a motel of your choice for your reservations

Events and Happenings

AA Speakers	AA Meetings
Talking Circles	Cherokee Sunrise Services

**WE DO RECOVERY!!! Sobriety Countdown**

**You don't have to be a Native American to attend**

**EARLY REGISTRATION: \$30/PERSON (persons under 10 are FREE).**

NAME(S): \_\_\_\_\_

ADDRESS: \_\_\_\_\_

EMAIL(S): \_\_\_\_\_ / \_\_\_\_\_

PHONE #: H) \_\_\_\_\_ (C) \_\_\_\_\_ (C) \_\_\_\_\_

# In Party: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

**Mail Registration Form AND Check, MO, or Cashier Check to:**

**NAAAC Indians in Sobriety**

**Jason Taylor, Treasurer**

**PO Box 548**

**Cherokee, NC 28719**

**Contact person: Jody at 828-736-7510**

Check out our website [www.indiansinsobriety.org](http://www.indiansinsobriety.org)





*You're Invited!*

**November 17<sup>th</sup>, 2018**

*Saturday Night Speaker Meeting 8pm, Dinner @ 6:30*

**Conscious Contact**

***Celebrates 25 Years!***

- Pot luck dinner  
*Please sign up to bring a covered dish!*
- Fellowship
- Speakers
- Door Prizes
- Sobriety Countdown

*Conscious Contact will provide the main course, standard diet and vegetarian entrees, coffee, tea, water and **DESSERT!***

*36 E Larchmont Drive, Asheville*



# Thanksgiving Day

## 2018 Holiday Alkathon

Thursday, November 22

**Where: The Hendersonville Group of Alcoholics Anonymous**

1624 Willow Road (opposite Valley Hill Fire Dept.)  
Hendersonville, NC

**When: 12 Noon through 10:00 pm**

**Time: Meetings will be held all day on the even hours.**



*Come and enjoy good fellowship, food and meetings*



# ***GRATITUDE GATHERING***

***Hosted by The Kitchen Table at  
Asheville 12 Step Recovery Club  
22B New Leicester Highway***

**Thursday, November 22, 2018**

**Meetings at 8 AM, 9:30 AM, 11 AM,  
12:30 PM, 4 PM, 6 PM, 8 PM & 10 PM**

**TURKEY AT 2 PM!**

**(Potluck all day – bring a dish to share!)**

**JOIN US for FOOD, FUN, & FELLOWSHIP!**





"Fun for the entire family...AA & Al-Anon."

**CELEBRATE  
10 YEARS OF  
WOODSTOCK  
of the  
SOUTH  
presents**

**A 3 DAY FESTIVAL OF SOBER LIVING**

- THURSDAY 8:30PM KICK-OFF!**
- FRIDAY 10AM THE BUTTERFLY MEETING  
AA & AL-ANON PANEL**
- 2PM THE GIFT OF FAMILY!**
- 8:30PM THE GIFT OF AA**
- SATURDAY 9AM STEPS 1-3  
10:30AM STEPS 4-5  
2PM STEPS 6-7  
3:30PM STEPS 8-9  
8:30PM CELEBRATE 60 YEARS OF CLANCY!**
- SUNDAY 9AM STEPS 10-11  
10:30AM STEP 12**

**SPECIAL ENTERTAINMENT ALL WEEKEND!**  
Featuring the music of Sonia L, Nashville TN & seasonal surprises!

**LEGACY LODGE AT LAKE LANIER ISLANDS!** 4-Star luxury resort just 30 minutes northeast of Atlanta!  
See for yourself at [www.lakelanierislandsresort.com](http://www.lakelanierislandsresort.com) 7 miles of Amazing Magical Holiday Lights! Breakfast with Santa...or visit his workshop!  
S'more pits! See the lights from the Tree Tops! Golf. Spa. Equestrian Center. Boating.

**SPECIAL ROOM RATES STARTING AT \$124 PER NIGHT.**

Want to know more? Talk to your sponsor, go to [www.aawoodstock.com](http://www.aawoodstock.com); call 404-735-9254

**REGISTER NOW AT [www.aawoodstock.com](http://www.aawoodstock.com) OR MAIL REGISTRATION FORM.**

**3 DAYS  
of PEACE  
& LOVE**

**NOV 29 - DEC 2, 2018**

All this for just

**\$35** in advance

**\$40** at the door (if not sold out)

2019

# Hilton Head Mid-Winter Conference



## A Daily Reprieve

### AA & AL-ANON FELLOWSHIP

- Friday 8:30 p.m. ~ Georgia B. (La Crescenta, CA)
- Saturday 9:00 a.m. ~ Don L. (Bellingham, WA)
- Sat. 11:00 a.m. ~ Beverly B. (Lewisville, TX)
- Saturday 2:00 p.m. Workshop "The Key of Willingness"
- Saturday 8:30 p.m. ~ Karl M. (Covina, CA)
- Sunday 10:00 a.m. ~ Lillie H. (Portland, ME)

**The Westin Hilton Head**  
 Resort & Spa  
 2 Grass Lawn Avenue  
 Hilton Head Island, SC 29928  
 1-800-WESTIN-1 or 843-681-4000  
 Rooms: \$115.00/night ~ single & double  
 (Taxes Only No Resort Fee)  
 Code: Hilton Head Mid-Winter Conference



## JANUARY 25 – 27, 2019

Limited to 800 Registrations!!!

Pre-Registration is \$30.00 (will close midnight on 1/19/19)

On-Site Registration begins Friday, January 25<sup>th</sup>, 2019 @ 3:00p.m.

Cash/Check Only Tickets \$35.00 at the door.

More information and Online Registration at [www.hiltonheadmidwinterconference.com](http://www.hiltonheadmidwinterconference.com)

**There will be NO REFUNDS (Reg/Banquet/Golf)**

Please make checks payable & mail to:

**HILTON HEAD MID-WINTER CONFERENCE**

**PO BOX 6256**

**HILTON HEAD ISLAND, SC 29938**

Check our website for banquet menu

For more information please call: (888) 584-9282

- Marathon Meetings all day with the exception of Speaker times
- Al-Anon Workshops & Luncheon
- Golf Tournament – 4 Person Scramble  
Played at the Port Royal Golf Club
- Southern Hospitality Room World-Famous, Homemade Cookies!
- DON'T MISS THE SAT. NIGHT DANCE

Badge Name: \_\_\_\_\_

Home Group: \_\_\_\_\_

Badge Name: \_\_\_\_\_

Home Group: \_\_\_\_\_

Address: \_\_\_\_\_

City, State & Zip: \_\_\_\_\_

Phone # \_\_\_\_\_ (Required)

Email: \_\_\_\_\_ (Required)

Conference Tickets # \_\_\_\_\_ @ \$30 ea. = \$ \_\_\_\_\_

*Note: Registration at the door \$35.00 Cash/Check Only*

Banquet Tickets # \_\_\_\_\_ @ \$40 ea. = \$ \_\_\_\_\_

Golf Tournament # \_\_\_\_\_ @ \$48 ea. = \$ \_\_\_\_\_

Contribute to Scholarship Fund \$ \_\_\_\_\_

Total Due \$ \_\_\_\_\_

**Mail in registration is CHECK ONLY**

**Registration at the door is CASH or CHECK ONLY**

**CREDIT CARDS ACCEPTED FOR ON LINE REGISTRATION ONLY**

**General Service Committee**

Chair  
103 Heron Place  
Goldsboro, NC 27534  
chair@aanorthcarolina.org

Secretary  
PO Box 97966  
Raleigh, NC 27624  
secretary@aanorthcarolina.org

**DEADLINE FOR HOTEL RESERVATIONS**

**October 4, 2018**

**DATE:** SEPTEMBER 9, 2018  
**TO:** GSRs, Alternate GSRs, DCMs, Alternate DCMs, LCMs (Local Committee Members), Convention Chair and Alternate, Coordinators, Officers, Past Delegates and any other interested members!  
**SUBJECT:** **Area 51 Fall Committee & Election Assembly Meeting November 2-4, 2018**

**Theme: "To Serve A.A. is to Live"**

***Third Legacy Elections for the Panel 69 Delegate Term***

Please see Election Handout on Area 51 website for duties and responsibilities of Trusted Servant positions. We will stay in session Saturday night until the elections are completed.

Assembly Business Sessions, Workshops, Early Bird and Speaker Meetings  
Literature, Grapevine, Corrections, Accessibilities, Archives and CPC/PI Displays

**Our Area Committee Meeting and Assembly meeting will be held at the  
The Hilton North Raleigh/Midtown, 3415 Wake Forest Road, Raleigh, NC**

**Hotel Reservations**

**Deadline:** Thursday, October 4, 2018  
**Group Code:** GSA  
**Group Name:** Area 51 General Service Election Assembly  
**Group Rate:** \$120.00 Single/Double, \$125.00 Triple, \$130.00 Quad + tax  
**Phone:** 919-872-2323 or 800-445-8667 [1-800-HILTONS]  
**Internet: direct link for reservations:** <http://tinyurl.com/ycv84gg2>  
**Internet:** [www.northraleigh.hilton.com](http://www.northraleigh.hilton.com)

**For best results:**

- Call as soon as possible but definitely before the deadline. It's easier to cancel a reservation than to get one at the last minute!
- Please note: once the rooms in our block sell out, it's unlikely there will be other rooms left in the hotel. **Election Assembly sells out quickly, so PLEASE MAKE YOUR RESERVATIONS EARLY!**
- Specify the group code "GSA" and the group name "Area 51 General Service Election Assembly."
- If possible, call the Hilton North Raleigh/Midtown directly at 919-872-2323 during business hours Monday through Friday. This gives you the best chance to speak with a reservations clerk at the hotel. At other times - when the hotel clerks are busy -- calls to this number may be transferred to a regional reservations center.
- Always be sure to get a confirmation number.
- If you have ANY trouble with Room Rate or Availability please contact Rainer L., the Area Chair, at: [Chair@aanorthcarolina.org](mailto:Chair@aanorthcarolina.org).

**NOTE: GSRs and Alt. GSRs:**

- ◆ Early Assembly registration will be on Friday from 6:30 p.m. to 8:00 p.m.
- ◆ "Early Bird" AA Meeting on Friday at 8:00 p.m.



## 2018 Southeast Regional Forum

### Registration opens Monday, September 17, 2018

To receive email notification when registration is open:

- **Click here** and fill out the form; **or**
- Contact Maria Morales-Lamm at [moralesm@aa.org](mailto:moralesm@aa.org) or (212) 870-3141; **or**
- Fill out the below and mail to G.S.O. to arrive by September 16, 2018.

General Service Office, P.O. Box 459,  
Grand Central Station, NY, NY 10163  
Attn: Maria Morales-Lamm

Name \_\_\_\_\_ Email \_\_\_\_\_  
Phone \_\_\_\_\_

*Information provided is confidential and will only be used for this Regional Forum*

For ASL Interpretation please contact G.S.O.: [regionalforums@aa.org](mailto:regionalforums@aa.org).

## HOTEL RESERVATION INFORMATION

### 2018 SOUTHEAST Regional Forum

**November 16-18, 2018**

#### Washington Dulles Airport Marriott

45020 Aviation Drive  
Sterling, VA 20166  
(703) 471-9500

Group  
Code  
SRF

**Rate cutoff date: October 26, 2018**

**Hotel Reservations** can be made by one of the following methods:

- By phone: (703) 471-9500 no later than October 26, 2018
- Online: **Click here** and fill out the form.

#### Room rates:

Single/Double: \$109.00 plus taxes

**For special room rate use Group Code: SRF**

# 2018 SOUTHEAST REGIONAL FORUM

## Washington Dulles Airport Marriott

45020 Aviation Drive  
Sterling, Virginia 20166  
(703) 471-9500

Group Code: **SRF**

November 16 - 18, 2018

### Sample SCHEDULE of Events

**Friday:** 6:30pm - 10pm      **Saturday:** 9am - 9:45pm      **Sunday:** 9am - 12pm

#### FRIDAY

2:00 - close  
6:30-6:45 pm  
7:00-8:30 pm  
8:30-8:45 pm  
8:45-9:15 pm  
9:15-10:00 pm

Registration  
First Timer Orientation  
Opening Session  
Break  
Video  
General Sharing

#### SATURDAY (Continued)

2:30-3:15 pm  
3:15-3:30 pm  
3:30-4:00 pm  
4:00-5:00 pm  
5:00-7:00 pm  
7:00-8:15 pm  
8:15-8:30 pm  
8:30-9:45 pm

Ask-t Basket  
Break  
Finance Presentation  
General Sharing  
Dinner\*  
Workshops  
Break  
Workshops

#### SATURDAY

9:00am - close  
9:00-10:00 am  
10:00-10:15 am  
10:15-11:00 am  
11:00-12:00 pm  
12:00-1:30 pm  
1:30-2:30 pm

Registration  
A.A. Grapevine  
Break  
General Sharing  
Delegates' Presentations  
Lunch\*  
G.S.O. Presentations

#### SUNDAY

9:00 - 10:00 am  
10:00-10:30 am  
10:30-10:45 am  
10:45-11:30 am  
11:30- Noon

General Sharing  
First Timer Sharing  
Break  
Past Trustees' Sharing  
Closing Remarks

\* Meals are on your own

## REGISTRATION Information

There is no charge to attend Regional Forums. Please pre-register to support GSO with event preparation. You can always register on-site. To pre-register online, go to [www.aa.org](http://www.aa.org). All who register will receive a Final Forum Report.

# Recovery Through Steps

An (open) AA hiking meeting!

Come join us for a hike in the mountains, a meeting, and some outdoor fellowship!



We meet the 1<sup>st</sup> Sat of each month at 10:30 a.m. We'll hike a bit, find a tasty spot, have a meeting, and a snack or lunch before heading home.

Hikes range from 3-8+ miles and we'll try to keep them easy to moderate.

Bring food, water, good shoes, and a friend!

*Please email [12StepHikers@gmail.com](mailto:12StepHikers@gmail.com) with your name and phone number. We will put out details a week ahead by email and text. Or, call/text Carl at 847-867-4589*

Meetings are based on the AA 12 Step Recovery Program as outlined in the Big Book of Alcoholics Anonymous. This is an open meeting.  
Well-behaved dogs are welcome.



# The Musician's Meeting

Sunday's from 2:00 - 4:00 pm

@ The Veteran's Restoration Quarters (VRQ)

1329 Tunnel Road

Asheville NC, 28805

Open/Discussion Meeting 2:00 - 3:00 pm

Band Practice 3:00 - 4:00+ pm

