

Mountain Downs

JANUARY 2019

(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

We Have Done It!

It took us a while, but Central Office is finally set up to accept credit/debit cards for purchases and contributions. We thank you for your patience as we worked through the details of finding a credit card processing company which we felt would best serve our needs and budget.



I Do What I Can

I was not a happy camper when I walked back into the rooms again six years ago on Super Bowl Sunday. I was a homeless vet, a daily drinker. It took me almost two years before I was comfortable enough to let people back into my life. Even today I keep myself very guarded. For those two years, I did nothing to ensure my sobriety except to pad my ego with superficial junk and Step One, Step Two, repeat.

I'm very surprised I didn't commit suicide. Lord knows I thought about it enough. But something happened. God put a newcomer in my life who had a desire to stay sober, right when I needed it the most. But tragically, after six months he took his life. I blamed myself, I blamed God, I blamed AA.

Then two more new guys came along; one died of overdose, the other went away to prison. I couldn't believe it! I remember telling my sponsor, "I will never help another new guy. They just keep dying."

His reply was, "Of course they do. We alcoholics are an undisciplined lot bound for jails, institutions and death." Then he added, "But those of us who stay sober don't drink – no matter what – we go to meetings and we surrender."

My life isn't exactly where I want it to be today. Actually it's closer to what I was when I came in here,

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except I don't drink no matter what, and I have trust and faith in the process. In the last six years, I have seen happiness and joy. I've also had heartache and sadness. I've been through marriage and divorce in sobriety, and I stayed sober. I have lost jobs and I've been out of work for months and I still trust God's plan. I have lost close family members to tragedy and had no desire to drink. I've been to numerous funerals of men and women who lost their battles with their demons and I've given my condolences to hurting families. I've written a letter to a judge asking to help a comrade, only to watch him turn around and do what we do best – go drink.

I have also witnessed the incredible joy of watching families being brought back together, children returning to their once lost parents' arms. I've seen sober AAs die with dignity, sober. These are men and women whom I saw devote their lives to selfless service of others. I can only hope to be half the sober alcoholic they were.

So today I make it a point to make contact with and to help another drunk like me. Whether it's giving someone a ride, attending a meeting, or just picking up my phone or answering a text.

Every day, I do what I can.

Ryan T.
Port Lucie, Fla.

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

November 2018

	Nov 18	Jan - Nov 18
Ordinary Income/Expense		
Income		
Contributions		
Birthday Contributions	45.00	324.00
Group Contributions	2,109.99	28,546.61
Individual Contributions	90.99	263.25
Subscriptions	0.00	33.00
Total Contributions	2,245.98	29,166.86
Interest on Money Market	0.91	10.13
Sales Income		
Literature & merchandise	3,016.93	27,534.00
Shipping charged to groups	37.52	442.45
Total Sales Income	3,054.45	27,976.45
Total Income	5,301.34	57,153.44
Cost of Goods Sold		
Freight - vendor shipping	22.46	355.35
Literature & merchandise	2,472.67	22,399.94
Shipping to groups	37.73	444.34
Total COGS	2,532.86	23,199.63
Gross Profit	2,768.48	33,953.81
Expense		
CO/D70 Fall Picnic	0.00	410.48
Copier Rental	200.05	1,892.61
Editor	135.00	1,485.00
Fire Inspection (good for 3yrs)	0.00	25.00
ICOAA Conference	0.00	1,002.71
Insurance Expense	0.00	615.00
New Computer, Software, IT Asst	0.00	838.29
Office Expenses	30.00	310.00
Office Supplies	4.80	301.11
Payroll Expenses		
Gross Salary (Including Taxes)	1,152.00	13,249.13
Payroll Taxes (Company)	88.13	1,055.56
Processing (for Direct Deposit)	5.25	61.25
Total Payroll Expenses	1,245.38	14,365.94
QuickBooks Expenses		
Payroll Subscription - Annual	0.00	230.05
QB Pro 2018 (good for 3 yrs)	0.00	220.32
Total QuickBooks Expenses	0.00	450.37
Rent	550.00	6,002.00
Stamps/Postage	78.23	838.56
Telephone & Internet		
Answering Service	88.00	962.00
Office Telephone/Internet	148.68	1,634.66
Total Telephone & Internet	236.68	2,596.66
Total Expense	2,480.14	31,133.73
Net Ordinary Income	288.34	2,820.08
Other Income/Expense	0.00	-1,004.21
Net Income	288.34	1,815.87

January Grapevine is now available!

This month's special section is "Stories for Day Counters" featuring stories by members sharing things that helped them when they were new to AA.



www.aagrapevine.org

Cash on Hand as of 11/30/2018

Prudent Reserve (Money Market)

\$11,063.25

Operating Account (Checking)

\$9,252.85

Rent Deposit \$400.00

Petty Cash \$50.00

Call & Visitor Log

November 2018

12 Step Calls – 0

General Info – 3

Family Help – 1

Meeting Info – 14

Central Office

Business – 36

Medical/Detox – 0

Visitors – 84

Answering Service (Operator-Asst) – 71 minutes

After-hours Hotline Volunteers - 30 calls



Visits to aaNCMCO.org website:

Unique Visitors: 919

Unique Visits: 1,569 (1.70 per visitor)

Pages: 4,785 (3.04 per visit)



Contributions

	Nov 2018	YTD		Nov 2018	YTD
11-11-11 Meeting		\$0.00	New Freedom Group 700-124		\$40.00
12 & 12 Study Group	\$60.00	\$160.00	Newland Serenity (Linville Mtg.)	\$8.47	\$19.02
2nd Chance Group - Cherokee 712-180	\$80.00	\$280.00	No Name Group - Murphy	\$50.00	\$200.00
3 Legacies Group 709-522		\$73.20	Papertown Group		\$67.59
4th Dimension Group		\$0.00	Phoenix Group		\$120.00
Acceptance Group 122-477		\$1,890.03	Pisgah Group		\$300.00
Agnostics, Atheists & Freethinkers AA Group		\$668.00	Practicing Principles 667-311		\$0.00
Andrews Group 110-494		\$25.00	Primary Purpose Group		\$9.00
Anonymous		\$488.75	Recovery by the River 674-892	\$102.29	\$476.94
Around the Room Group		\$40.00	Roundtable Group 135-605	\$16.00	\$25.00
AVL Big Book Step Study Group 637-843		\$73.86	Rule 62 Group		\$186.00
AVL Women's Big Book Step Study 703-990		\$109.00	Safe & Sound 645-654	\$50.00	\$300.00
At Wit's End Group		\$88.44	Saluda Back to Basics Group		\$25.00
AWOL Group		\$0.00	Saturday Morning Men's Meeting	\$75.00	\$625.00
Back to Basics Grp - Weaverville 147-139		\$50.00	Serenity Now 670-803		\$75.00
Big Town Group 671-200		\$548.97	Serenity Seekers - Marion Noon AA		\$150.00
Black Mountain Group 117-117		\$35.25	663-204		
Brevard Men's Group		\$250.00	Serenity Service Group 110-498	\$25.00	\$300.00
Brevard Serenity Group 631-231		\$250.00	Sisters in Sobriety - Whittier		\$0.00
Bryson City Group 110-467		\$575.00	Skyland 12&12 Group		\$280.00
Burnsville Group 136-171	\$350.00	\$350.00	Speed Bump Group 512-851		\$0.00
But for the Grace of God Group	\$14.25	\$69.05	Spiritual Fitness Group 720-419		\$309.80
BYOC - Bring Your Own Coffee	\$86.90	\$974.11	Sunshine AA Group 163-759		\$100.00
Candlelight Meeting		\$0.00	Surrender Group		\$300.00
Candler KISS Group 163-148	\$47.00	\$82.50	The Meeting		\$50.00
Cashiers Valley Grp 122-589		\$891.44	The Principles Group		\$19.50
Cedar Mountain Group 161-082		\$110.00	Total Surrender Group		\$216.34
Columbus Group 150-908		\$42.50	Tryon Monday 5:30 Meeting	\$221.00	\$590.18
Conscious Contact Group - Asheville		\$524.00	Tuesday Night Men's Group 179-001		\$100.00
Cullowhee Valley Group 118-129		\$50.00	United With Hope Group 719-052	\$50.00	\$291.00
Cumberland Group 122-472		\$350.00	Waynesville Grace Group 110-692		\$1,550.00
Daily Decisions 643-869		\$389.05	We Are Not Saints Group		\$0.00
Day by Day Group 159-058		\$1,936.37	We Think Not Group 700-411		\$190.00
District 71		\$250.00	West Asheville Group 110-501		\$0.00
Down But Not Out Group		\$0.00	Women's BBSS Group - Hendersonville		\$0.00
Downtown Serenity Group 702-463	\$71.37	\$71.37	Women's Grapevine Meeting		\$0.00
Dry Dock Group		\$25.00	Women of Courage		\$630.00
Early Bird Group 612-780		\$257.00	Women of Grace		\$200.00
Fellowship Group 655-542		\$335.64	Working at Recovery		\$0.00
Fireside Group 655-046		\$312.50			
Flat Rock Men's AA Meeting		\$50.00	Total Group Contributions:	\$2,109.99	\$28,546.61
Good Livers 666-360		\$250.00	Individual Contributions:		
Grace Group 161-970		\$1,960.21	Anonymous	\$30.99	\$103.25
Great Fact Group		\$500.00	In Memory of B.G.	\$10.00	\$110.00
Happy Hour Group - Hendersonville 169-182	\$350.00	\$600.00	In Memory of David W.	\$50.00	\$50.00
Happy Hour Group - Waynesville		\$0.00	Total Individual Contributions:	\$90.99	\$263.25
Happy, Joyous & Free - Columbus		\$43.00	Birthday Contributions:		
Heart Fire Group		\$461.00	Anonymous		\$53.00
Hendersonville Group 110-594		\$375.00	Hope B.	\$15.00	\$15.00
High Noon Group 689-080		\$90.00	Marjorie R.	\$30.00	\$30.00
Higher Power Tower Hour Group	\$20.75	\$20.75	Karin S.		\$36.00
Joe & Charlie Big Book Study		\$0.00	Monica G.		\$190.00
Joy of Living - Brevard 669-820		\$100.00	Total Birthday Contributions:	\$45.00	\$324.00
Kanuga Group 645-767		\$100.00	Mountain Doin's Subscriptions:	\$0.00	\$33.00
Lambda Group 617-035	\$115.25	\$479.00	Grand Total:	\$2,245.98	\$29,166.86
Landrum Group 715-401		\$45.22			
Leicester Group 143-417		\$100.00			
Library Group 672-283		\$80.00			
Maggie Valley Group 158-950		\$415.00			
Maple Grove Group 121-212		\$0.00			
Marion AA Group 110-621		\$200.00			
Marshall Group 100-489		\$108.00			
Mars Hill Group 130-895		\$36.00			
Meditation Mondays		\$50.00			
Men's Attitude Adjustment Group 670-850		\$0.00			
Midday Grp (Hendersonville) 143-420	\$186.71	\$556.03			
Mill Springs Group 656-821		\$65.00			
Mission Group 606-119		\$91.32			
Monday 6:00 Open Meeting	\$130.00	\$566.00			
Mountain View Grp (Highlands) 110-598		\$833.68			

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:

Asheville: Wharfrats AVL AA Group: (Previously "12 Step Open Meeting") Thursday 8:00pm (O,SP/D) Asheville 12 Step Recovery Club, 22-B New Leicester Hwy, Asheville 28806

Meeting Changes:

Asheville: Spiritual Fitness Group: Sunday 10:45am (O,W,BB) and Wednesday 7:00pm (new time!) (O,W,SS) The group is moving to a new location as of January 2: Montford Recreation Complex, 34 Pearson Dr, Asheville 28801

Asheville: The Downtown Serenity Group: meetings on Wednesday and Friday at 5:30pm are now Serenity Service Group meetings. Downtown Serenity continues to meet on Monday 5:30pm. (O,D) Serenity Service Group now meets Tuesday through Saturday 5:30pm. All meetings are "Closed, Discussion" except for Saturday, which is "Open Discussion". Haywood Street Congregation, 297 Haywood Street, Asheville 28801

Asheville: BYOC (Bring Your Own Coffee) Group: Wednesday (C,W,D) and Friday (C,W,SS) 8:15-9:00am. Meeting moved to a new location as of December 19: First Congregational Church, 20 Oak Street, Room 105, Asheville 28801

Penland: Penland School of Crafts Meeting: Tuesday (O,D) Meeting was at 7:00pm; new time as of December: 5:30pm. Penland School of Crafts, Conley Ridge Rd, Bldg 38, Penland (Bakersville) 28705

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

February newsletter deadline for sending in announcements is **January 15th**.

District 70:

GSR Business Meeting – normally held the 2nd Sunday of the month. The next meeting will be **Sunday, January 13, 2:30pm**, at St. Luke's Episcopal Church, 219 Chunns Cove Rd, Asheville 28805.

District 70 is getting ready to approve their new by-laws. GSRs have received the final draft to present at their business meetings. If anyone is interested in receiving a

copy of the by-laws, has questions or input, please go to the website contact for the DCM, Alternate DCM or NCMCO Trustee: <http://ashevilleaa.org/contacts/> Voting to approve the by-laws will occur at the January meeting.

Service Committee Meeting – Now held the first Sunday of the month. Next meeting is **Sunday, January 6, 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 to volunteer for service at ADATC, Neil Dobbins, Montford Hall, Copestone, Pavillion 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.

Updates: A new "Treatment Facilities Service Display" is in the works. For information on Bridging the Gap, visit the website: www.btgww.org

Corrections Committee – Women's Chairs are Denise J. and Casey - contact at women_corrections@ashevilleaa.org. Temporary contact for Men's Corrections is Bill W. - at 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://aanbcmco.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. 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. 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. 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, January 12, 9:30am**. 1624 Willow Rd, Hendersonville, 28739. The Corrections Committee now meets in conjunction with the GSR meeting.

Submitted by Terry G., Alternate DCM:

“This is a very exciting time for District 71. We have 25 registered groups plus meetings. Several new GSRs have been elected in the past few weeks with a few more who are standing and waiting for their groups to vote them in.

“We are excited to have our Spanish-speaking meeting relocate to Fletcher and also increase the number of meetings to three a week. The new location is 5360 Hendersonville Rd (Smiley’s Flea Market) #849, Fletcher 28732.

“By the Grace of God, with the increase in AA members who are willing to serve, we have filled the positions of Grapevine, CPC/PI, Corrections and Events Chairpersons. We still need a Treatment Chairperson. Anyone who is interested in this position please come to the GSR Meeting on January 12.”

“We are excited to see the enthusiasm and encourage continued participation at our district meetings.”

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 December, or call/email Central Office – 828-254-8539; 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. 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

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 - 201-657-4542.

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

Hendersonville Group New Year’s Eve Alcathon:

New Year’s Eve: Noon-8:00pm. From 9:30pm-1:00am: “We are Not a Glum Lot Whoopee Party” - Music, fun and conviviality! New Year’s Day: Noon-10:00pm. On all days the meetings are on the even hours. Potluck buffet, desserts and snacks. 1624 Willow Rd, (opposite the Valley Hill Fire Dept.) Hendersonville 28739

New Year’s Eve Alcathon – hosted by Conscious

Contact Group: Doors open at 5:00pm on December 31. Meetings at 6:00, 8:00, and 10:00pm. 1-hour open discussion meetings with an hour break for food and fellowship in between. Clean up starts at 11:00pm so folks will have time to attend the Asheville fireworks at Midnight. Conscious Contact will be providing refreshments and coffee. You are welcome to bring a covered dish to share. N. Asheville Community Center, 37 E. Larchmont Rd, Asheville 28804

New Year’s Eve Celebration – hosted by District 80 and The New Hope Group:

December 31. They are having a pajama party! Wear your favorite pajamas and fuzzy slippers to join the fun! 5:30pm – Open discussion meeting; 6:30 – Dinner (Fun party foods; bring your favorite appetizer or dessert to share); 7:15 – White Elephant Gift Exchange and Best Slipper Contest; 8:00 – Speaker meeting (Kenneth C., Area 51 Delegate). Macon County Public Library, 149 Siler Farm Rd., Franklin, NC 28734

40th Gratitude Retreat: January 10-13. Hilton Myrtle Beach Resort, 10000 Beach Club Drive, Myrtle Beach, SC 29572. For registration information, visit website: www.gratituderetreat.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

Special Meetings and Events - Cont.

TCYPAA 2019: January 25-27. Music City Sheraton, 777 McGavock Pike, Nashville, NC 37214. For more information, visit website: www.tcytaa2019.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

31st Annual "Freedom from Bondage" – Area 51 AA Corrections Conference: March 8-10. Hampton Inn & Suites, 200 Columbus Dr, Aberdeen, NC 28315 (Just off US 15-501 Hwy) Room reservations: 910-693-4330 or online: https://hamptoninn.hilton.com/en/hp/groups/personalized/S/SNPNCHX-FFB-20190308/index.jhtml?WT.mc_id=POG Room Code: FFB. For more information, email: corrections@aanorthcarolina.org or call 305-972-7979

EACYPAA XVII – Recovery. Service. Unity. March 7-10. Bally's Atlantic City Hotel, 1900 Boardwalk, Atlantic City, NJ. For more information, visit website: www.NJYPAA.org

Appalachian Regional Roundup: March 22-24. "Rocketed into a Fourth Dimension." Meadowview Conference Resort & Convention Center, 1901 Meadowview Parkway, Kingsport TN 37660. For more information and registration form, visit website: www.appalachianregionalroundup.com

NC Area 51 Conferences and Events: www.aanorthcarolina.org

GSO in New York: www.aa.org

For events around the country and the world, as well as great articles and information, go to: www.aa.org and Box 4-5-9 Bulletin Board: www.aa.org/newsletters/en_US/en_box459_holiday18.pdf

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. The newsletter is also posted online at www.aancmco.org and www.ashevilleaa.org.

In Memoriam

Darnell A. of Tryon passed away in May 2018.

He volunteered at Central Office for many years and created the wonderful medallion holder for us which has intrigued so many visitors.

He will be greatly missed.

AA Members: submit your stories, articles or poems!

Do you have a personal story, a poem or an interesting article you would like to see published in the Mountain Doin's?

Send it to us by the 15th of the month in order for us to include it in the following month's newsletter (i.e. January 15 for the February issue). Stories and articles can be up to about 600 words in length. Please include copyright information if the article contains quotes or portions that have been published in a book (i.e. "Alcoholics Anonymous, 4th edition, page ??") or magazine (i.e. "From the (date) Grapevine")

Submissions can be mailed to: NCMCO, 70 Woodfin Place, Suite 206, Asheville, NC 28801 or emailed to: info@ncmco.net

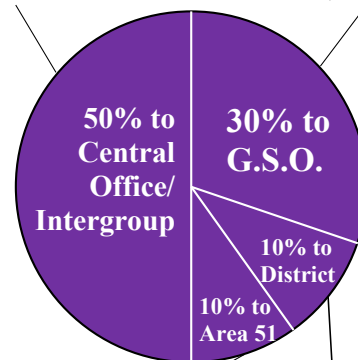
If you have any questions give us a call: 828-254-8539. We look forward to hearing from you!

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

2nd Chance Group - Cherokee

Kyle C.	1-14-2014	5 yrs
Herb W.	1-22-1990	29 yrs
Patty G-E.	1-27-1987	32 yrs

Acceptance Group

Suzanne T.	1-01-1992	27 yrs
Ben	1-05-2017	2 yrs
Nilas R.	1-05-2016	3 yrs
Marty J.	1-09-2017	2 yrs
Craig R.	1-14-1985	34 yrs
Brandi M.	1-20-2016	3 yrs
Jan	1-24-1975	44 yrs
Suzanne B.	1-24-1975	44 yrs

Around the Room Group

Tom W.	1-01-1991	28 yrs
Sam M.	1-05-2012	7 yrs

Asheville Women's BBSS Group

Jodie R.	1-08-2004	15 yrs
Natalie B.	1-09-2009	10 yrs

At Wit's End Group

Greg K.	1-02-2016	3 yrs
Trevor H.	1-06-2015	4 yrs
Amber M.	1-10-2008	11 yrs
Lauren C.	1-16-2008	11 yrs
Angie W.	1-17-1999	20 yrs
Rachel S.	1-31-2015	4 yrs

Back to Basics Group

Nate S.	1-04-2013	6 yrs
Peggy S.	1-04-1995	24 yrs
Amy M.	1-21-1975	44 yrs

Black Mountain Group

Yvonne W.	1-20-2006	13 yrs
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Brevard Serenity Group

Barbara P.	1-20-2018	1 yr
Dave R.	1-20-1996	23 yrs
Beth P.	1-21-1984	35 yrs

Candlelight Group

Bennett Y.	1-11-2017	2 yrs
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Conscious Contact Group

Sara M.	1-02-2004	15 yrs
Damon D.	1-12-1998	21 yrs
Ellen M.	1-22-2016	3 yrs
David B.	1-26-2004	15 yrs

Cumberland Group

Jill K.	1-18-2012	7 yrs
Judy M.	1-19-1982	37 yrs

Daily Decisions Group

Mike M.	1-01-1985	34 yrs
Mike B.	1-12-2016	3 yrs
Tarro B.	1-14-2015	4 yrs
Joe A.	1-28-1978	41 yrs
Johne V.	1-29-2001	18 yrs

Fellowship Group

Rob W.	1-01-2017	2 yrs
Ted N.	1-01-1985	34 yrs
Mike B.	1-02-2017	2 yrs
Rob C.	1-02-2018	1 yr
Lisa M.	1-04-2018	1 yr
Dale L.	1-10-2004	15 yrs
Julia R.	1-17-2001	18 yrs
Barry C.	1-20-2018	1 yr
Gordie S.	1-28-1978	41 yrs
Tim G.	1-29-2016	3 yrs

Good Livers Group

JoEllen W.	1-02-2008	11 yrs
Barbara N.	1-06-2009	10 yrs
Bibi L.	1-09-1983	36 yrs
Esther H.	1-13-2017	2 yrs
Pamela W.	1-16-2002	17 yrs
Steve G.	1-17-1986	33 yrs
Nancy B.	1-18-1983	36 yrs
Nick M.	1-18-1994	25 yrs
Amy M.	1-21-1975	44 yrs
Aiden B.	1-22-1999	20 yrs
Ryan B.	1-26-2017	2 yrs

Grace Group

Tracey M.	1-08-2018	1 yr
Daniel S.	1-12-2018	1 yr
Andi K.	1-14-1999	20 yrs
Tiffanie C.	1-18-2008	11 yrs
Ryan J.	1-24-2005	14 yrs
Amie S.	1-25-2009	10 yrs

Happy Hour Group

Tracy Stevens	1-23-2016	3 yrs
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Hendersonville Group

Jaymee F.	1-01-2013	6 yrs
Charity	1-02-2018	1 yr
Dan C.	1-03-2013	6 yrs
Keenan G.	1-03-2000	19 yrs
Julie D.	1-25-2004	15 yrs
Tim G.	1-29-2016	3 yrs

Mars Hill Group

Dale K.	1-06-1981	38 yrs
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Marshall Group

Michael G.	1-05-2001	18 yrs
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Midday Group

Robin R.	1-15-2011	8 yrs
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Phoenix Group

Paul R.	1-06-2015	4 yrs
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Riverside Last Chance Group

Wesley A.	1-26-2011	8 yrs
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Serenity Seekers Group - Marion

Kaysie S.	1-01-2006	13 yrs
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Total Surrender Group

Patty K.	1-01-1985	34 yrs
Cynthia P.	1-02-2015	4 yrs
David	1-05-2018	1 yr
Brandy F.	1-07-2006	13 yrs
Brian H.	1-17-2017	2 yrs

Traditional Group

Nick I.	1-01-2012	7 yrs
Michelle M.	1-09-2011	8 yrs
Warren L.	1-13-2011	8 yrs
Kimberly T.	1-29-2015	4 yrs

United With Hope Group

John B.	1-01-2014	5 yrs
James M.	1-06-2016	3 yrs

Waynesville Grace Group

Bob F.	1-15-2004	15 yrs
Morgan L.	1-15-2011	8 yrs
Alvi T.	1-23-1993	26 yrs
Joy W.	1-27-2009	10 yrs
Paula E.	1-28-1987	32 yrs
David C.	1-29-2016	3 yrs

Women of Grace Group

Kaysie S.	1-01-2006	13 yrs
Terry G.	1-10-1984	35 yrs
Cay F.	1-16-1983	36 yrs

Need to update your Group's anniversary list?

Call Central Office - 828-254-8539 - or send a new list to:

info@ncmco.net

February newsletter deadline for sending in anniversaries and announcements is January 15.

TCYPAA 2019



JANUARY 25, 26, 27

MUSIC CITY SHERATON

777 MCGAVOCK PIKE
NASHVILLE, TN, 37214

\$109 KING ROOM

\$119 QUEEN ROOM

BOOK NOW AT WWW.TCYPAA2019.COM

MAIN SPEAKERS



FRIDAY: LYNN P. ST. PETERSBURG FL.

SATURDAY: CHET K. ABILENE, TX.

SUNDAY: TERRY K. LOUISVILLE, KY.



WHO THEN MADE ALL THIS?

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 25th, 2019 @ 3:00p.m.

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

More information and Online Registration at 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

EACYPAA XVII HOST PRESENTS THE 2019 PRE CON EVENT

A TASTE OF SOBRIETY

FOOD SCAVENGER HUNT

THURSDAY, MARCH 7TH

ENJOY THE
Ride

FOOD HUNT 6-9PM
BULL RIDES 7-9 PM
DANCE PARTY 8-10PM

**\$20 PER
PERSON**

Limited Tickets Available



BALLY'S RESORT, ATLANTIC CITY, NJ

TICKETS HERE: WWW.NJYPAA.COM

31st Annual

“FREEDOM FROM BONDAGE”

Area 51 AA Corrections Conference

March 8, 9, & 10, 2019

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 22, 2019
\$18.00 at the door

Hotel registration

Hampton Inn & Suites
200 Columbus Dr.
Aberdeen, NC 28315
Room reservations:

(910) 693-4330 -or- online at:

https://hamptoninn.hilton.com/en/hp/groups/personalized/S/SNPNCHX-FFB-20190308/index.jhtml?WT.mc_id=POG

Code: **FFB**

Rate: \$102-Standard Room, \$112-Studio Suite

Cut-off for special rate: February 22, 2019

Agenda

- Speakers
- Panels
- Workshops
- Fellowship
- All the coffee you can drink!
- “Sweet Treats”

For more information

E-mail: corrections@aanorthcarolina.org
305-972-7979

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31st Annual Freedom From Bondage

Area 51 AA Corrections Conference

Pre-registration rate before February 22, 2019 – \$15.00

Make checks payable to:
CFC and mail to CFC
P.O. Box 1201
Mebane, NC 27302

Name: _____ Name on Badge: _____

Name: _____ Name on Badge: _____

Address: _____ City: _____ State: _____ Zip: _____

Telephone: (____) _____ - _____ E-mail: _____

of AA's: _____



APPALACHIAN REGIONAL ROUNDUP

“ROCKETED INTO A FOURTH DIMENSION” MARCH 22-24 2019 KINGSFORT, TN

Meadowview Conference Resort
& Convention Center
1901 Meadowview Parkway
Kingsport, TN 37660

Room Rate \$115.00
Rate Cut Off Date Feb 28, 2019
Call Or Visit Our Website To Book
423-578-6600
Use Phrase “Appalachian Regional
Roundup” To Receive
Discounted Room Rate

Join us for a golf outing on Friday!
Starts at 10AM. 9 holes for \$23 or 18 holes for \$38

Make check or money order payable to
Appalachian Regional Roundup & mail to:
P.O. Box 7494
1001 N. Eastman Rd
Kingsport, Tn 37664

SPEAKERS

BILL C from CA

CANDICE M from CA

CHARLIE P from TX

CHRIS R from TX

EARL H from AZ

JENNIFER H-K from TX

KATIE P from TX

LARGENE G from CA : AL-ANON

Pre-registration is \$25.00 & \$30.00 at the door
Online pre-registration is available at
www.appalachianregionalroundup.com

Roundup T-Shirts are \$12.00 or two for \$20.00
& will be available for pickup upon arrival.
Sizes may be limited on site.

For more information, contact Ryan K at 862-268-4579 or visit our website at www.appalachianregionalroundup.com

2ND ANNUAL APPALACHIAN REGIONAL ROUNDUP

NAME: _____	NAME: _____
ADDRESS: _____	ADDRESS: _____
CITY: _____ STATE: _____ ZIP: _____	CITY: _____ STATE: _____ ZIP: _____
PHONE: _____	PHONE: _____
EMAIL: _____	EMAIL: _____
NAME ON BADGE: _____	NAME ON BADGE: _____
NUMBER OF T-SHIRTS: _____ SIZE(S): _____	NUMBER OF REGISTRATIONS: _____ TOTAL: \$ _____
SCHOLARSHIP CONTRIBUTION: \$ _____	

Lend a hand to those unable to pay the registration fee