

MOUNTAIN MARCH 2019 DOINS

(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

The Best I Can Do

A member stays sober through incredible sadness and finds a way to be useful in her grief.

The last time I drank was in April of 1985. I didn't really want to quit drinking, but my desire to die was gone and it seemed the only way I could avoid that was to stop drinking.

At that time, I had no hope for my life to improve. I didn't know how to act; I didn't know who I was. The people in the rooms of AA did their best to support me. They did this despite the fact that I was angry, hurting and reacting negatively to everything anyone said. I felt worthless for not being able to stop drinking by myself. I felt like my life was over.

Quitting drinking was the hardest thing I'd ever done. I struggled to try working the Steps as was suggested. During the process, I discovered I had no power over anything in my life. But I also learned that I could pray to a Higher Power that was not Christian.

I attended meetings every day for two years, put one foot in front of the other, got a sponsor, called people, gradually developed some hope that my life could be different and didn't pick up a drink. I allowed my Higher Power through my defensive walls and discovered that I did not have to be alone unless I chose to be. I became connected to the universe and felt the power running through me when we held hands and you prayed the Lord's Prayer and I didn't. But I knew the power was there because I could literally feel it, like a touch or a tingle. It reassured me that I probably was on the right path. I also felt that power when I climbed a tree.

In 1986, I met a guy named Eddie who came into AA struggling with issues different from mine, but with a similar commitment to get sober. We became good friends. We fell in like, then fell in lust, then fell in love and moved in together for about seven years. We got married in 1994. He taught me that I was worthy of love, that I had more to offer than just sex

Inside:

- | | |
|---------------|---|
| Page 2 | <ul style="list-style-type: none">• NCMCO Profit and Loss• NCMCO Operating Accounts• Call and Visitor Log |
| Page 3 | <ul style="list-style-type: none">• Contributions / Special Meetings and Events |
| Page 4 | <ul style="list-style-type: none">• Meeting Updates• The Service Express |
| Page 5 | <ul style="list-style-type: none">• Special Meetings and Events continued |
| Page 6 | <ul style="list-style-type: none">• "The Best I Can Do" continued |
| Page 7 | <ul style="list-style-type: none">• Anniversaries |

and that I could love and be loved without someone expecting anything in return. I taught him how to laugh, to be OK with being angry and to express it without fear, to have fun and to quit whining! We both had to learn how to accept love, since we thought it always came with a catch.

We carried the AA message to others by supporting our home group, taking meetings into institutions, doing Twelfth Step calls, sponsoring newcomers and anything else that was asked of us. Our service to the program taught us more about our own love and gave us a foundation to stand on when life became difficult, as it always does.

In August of 2011, after several years of back pain that increased to the point that he could barely walk, Eddie was diagnosed with terminal lung cancer. We were devastated. He was afraid that I wouldn't make it without him, knowing how much I loved him and my attitude about suicide. He asked me to promise not to do anything "stupid." I kept trying to build up hope for both of us, but Eddie was ready to die so he could quit hurting.

It was a long goodbye, but we both continued to go to meetings. They were our support and comfort. I didn't know what to pray for. If I prayed he wouldn't die, he would continue to hurt more and more. When I told this to my counselor, she suggested that I pray for the best possible outcomes for Eddie and for myself, whatever those might be. It was so hard, but I prayed (*Continued on page 6*)

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

January 2019

	Jan 19
Ordinary Income/Expense	
Income	
Contributions	
Birthday Contributions	66.11
Group Contributions	4,414.19
Individual Contributions	10.00
Subscriptions	12.00
Total Contributions	4,502.30
Interest on Money Market	0.94
Sales Income	
Literature & merchandise	4,336.15
Shipping charged to groups	30.99
Total Sales Income	4,367.14
Total Income	8,870.38
Cost of Goods Sold	
Freight - vendor shipping	64.09
Literature & merchandise	3,766.16
Shipping to groups	31.41
Total COGS	3,861.66
Gross Profit	5,008.72
Expense	
Accountant fees	
Accountant	405.00
Filing fees for 501c3	850.00
Total Accountant fees	1,255.00
Copier Rental	157.96
Credit Card Processing	25.90
Editor	135.00
Office Expenses	30.00
Office Supplies	94.96
Payroll Expenses	
Gross Salary (Including Taxes)	1,537.50
Payroll Taxes (Company)	126.85
Processing (for Direct Deposit)	5.25
Total Payroll Expenses	1,669.60
Rent	550.00
Stamps/Postage	146.23
Telephone & Internet	
Answering Service	88.00
Office Telephone/Internet	148.79
Total Telephone & Internet	236.79
Total Expense	4,301.44
Net Ordinary Income	707.28
Other Income/Expense	
Other Expense	
Inventory Adjustment	-0.97
Total Other Expense	-0.97
Net Other Income	0.97
Net Income	708.25

March Grapevine is now available!

This month's special section is "What's on Your Mind?" featuring member's thoughts and opinions about everything AA.



www.aagrapevine.org

Cash on Hand as of 1/31/2019

Prudent Reserve (Money Market)

\$11,065.13

Operating Account (Checking)

\$11,489.03

Rent Deposit **\$400.00**

Petty Cash **\$50.00**

Call & Visitor Log

January 2019

12 Step Calls – 6

General Info – 6

Family Help – 1

Meeting Info – 17

Central Office

Business – 57

Medical/Detox – 0

Visitors – 104

Answering Service (Operator-Asst) – fewer than 65 minutes

After-hours Hotline Volunteers - 29 calls



Visits to aaNCMCO.org website:

Unique Visitors: 697

Unique Visits: 1,313 (1.88 per visitor)

Pages: 4,608 (3.5 per visit)



Contributions

Special Meetings and Events

JAN 2019

At Wit's End Group	\$31.00
Big Town Group 671-200	\$164.84
Black Mountain Group 117-117	\$40.00
Cashiers Valley Grp 122-589	\$257.35
Conscious Contact Group - Asheville	\$450.00
Cullowhee Valley Group 118-129	\$75.00
Daily Decisions 643-869	\$415.01
Day by Day Group 159-058	\$404.72
Downtown Serenity Group 702-463	\$42.25
Early Bird Group 612-780	\$80.00
Good Livers 666-360	\$50.00
Joy of Living - Brevard 669-820	\$75.00
Last Chance Group - Men's First Step Farm	\$14.00
Maggie Valley Group 158-950	\$66.80
Midday Grp (Hendersonville) 143-420	\$112.00
Monday 6:00 Open Meeting	\$81.00
Mountain View Grp (Highlands) 110-598	\$209.81
Musicians' Meeting	\$50.00
New Freedom Group 700-124	\$80.00
Newland Serenity (Linville Mtg.)	\$75.00
Recovery at 6	\$135.41
Saturday Morning Men's Meeting	\$75.00
Serenity Now 670-803	\$75.00
Serenity Service Group 110-498	\$25.00
Speed Bump Group 512-851	\$75.00
The Meeting	\$50.00
Waynesville Grace Group 110-692	\$700.00

Total Group Contributions: \$4,414.19

Individual Contributions:

In Memory of B.G. \$10.00

Total Individual Contributions: \$10.00

Birthday Contributions:

Anonymous 34.11

Eva T. \$32.00

Total Birthday Contributions: \$66.11

Mountain Doin's Subscriptions:

\$12.00

Grand Total:

\$4,502.30

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!



Library Group – Tradition Study. Sunday at 7:00pm. Starting March 3, they will be having a Tradition Study, reading and discussing one tradition a week for 12 weeks. All interested AA members are invited to participate. Swannanoa Library, 101 W. Charleston Ave, Swannanoa 28778

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

United with Hope Group's 3rd Anniversary Celebration. Friday, March 8. Complimentary Breakfast at 9:00am (feel free to bring something to share); Speaker Meeting at 10:00am (speaker will be Mary M from Brevard Serenity Group). Hope United Methodist Church (Fellowship Hall) 2443 Spartanburg Hwy, E. Flat Rock, 28726

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

NCCYPAA Host Committee St. Patrick's Day Potluck. Saturday, March 16. Potluck dinner at 5:30pm (Please bring a dish to share!); Speaker Meeting at 6:30pm; Pie-In-The-Face Auction at 7:30pm. Acton United Methodist Church, 171 Sandhill School Rd, Asheville 28806. For more information, visit website: www.NCCYPAA2019.org

Pot o' Gold St Patrick's Day Potluck - hosted by Asheville 12 Step Club. Sunday, March 17. Potluck meal 3:00 to 5:00pm (Please bring a dish to share.); Speakers and "Pot o' Gold" countdown 5:00 to 7:00pm. Asheville 12 Step Club, 22B New Leicester Hwy, Asheville 28806

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

Roundtable Group - Old-Timers Panel. Sunday March 31. 8:00pm. At least 60 years of collective sobriety on every Panel. A great meeting for everybody, especially family and new friends of Bill W. They will see how the A.A. program works! Mt. Pisgah Lutheran Church, 2606 Chimney Rock Road (Hwy 64E - just past the Ingles at Howard Gap Road) Hendersonville, NC 28792. Church is on the right.

Wet Hot American YPAA. Hosted by Piedmont-Triad Young People of AA. April 25-28. Laurel Ridge Camp. For more information, visit website: www.ptypaa.com or email: events@ptypaa.com

Area 51 Western Pre-Conference. Saturday, April 27, 12:30-4:30pm. First United Methodist Church, 311 3rd Ave NE, Hickory, NC 28601. Meet the Area 51 Panel 69 Delegate and learn about issues to be discussed at the upcoming 69th General Service Conference. For more information, contact: Debbie G. at dcm@ncd12aa.org or Marty M. at webmaster@ncd12aa.org

West Asheville Eatin' Meetin'. Saturday, April 27. Doors open at 6:30pm; Potluck Dinner at 7:00pm (Please bring a dish to share.); Speaker Meeting at 8:00pm. Celebrate recovery and enjoy food and fellowship together! Abernethy United Methodist Church, 1418 Patton Ave, Asheville 28806

(continued on page 5)

MEETING UPDATES:

Districts 70 • 71 • 80

New Meetings:

Asheville: There Is A Solution Group: Monday 7:00pm (C,SS/BB) Morningside Baptist Church, 14 Mineral Springs Rd, Asheville 28805

Sylva: Practicing Principles Group – Sylva Ladies: Monday 6:00pm (W,O,D) Beginning March 4. St John's Episcopal Church, 18 Jackson St, Sylva 28779

Meeting Changes:

Asheville: Day by Day Group: Tuesday 5:30pm. First Baptist Church, 5 Oak Street, Asheville 28801. Meeting format has been changed from "Closed, Beginners" to "Open, Discussion".

Candler: Sojourners' Home Group: Wednesday 7:00pm (formerly listed at 7:15pm by mistake) (O,D) First Christian Church, 470 Enka Lake Rd, Candler 28715

Hendersonville: Orchard Group: Saturday 2:00pm (O,D) St Paul's Episcopal Church, 1659 St Paul's Rd, Hendersonville 28792 (Edneyville 28727) The group will NOT be meeting on Saturday March 16.

Penland: Penland School of Crafts Meeting: Tuesday (O,D) Was meeting at 5:30pm during winter; time will change to 7:00pm as of March 12. Penland School of Crafts, Conley Ridge Rd, Building 38, Bakersville 28705

Swannanoa: Library Group: Sunday 7:00pm (O,LS,D) Swannanoa Library, 101 W. Charleston Ave, Swannanoa 28778. Starting March 3, they will be having a Tradition Study, reading and discussing one tradition a week for 12 weeks. All interested AA members are invited to participate.

Discontinued Meeting:

Black Mountain: 11-11-11 Meeting: Sunday 11:00am (O,MT,D) Carver Community Center, 101 Carver Ave, Black Mountain. Meeting will be discontinued in March. Last meeting will be Sunday February 24.

Hendersonville: Plan B Group: Balfour United Methodist Church, 2567 Asheville Hwy, Hendersonville 28791. The group is discontinuing the Tuesday 5:30pm meeting, however the Friday 5:30pm (O,SS,BB) and Saturday 5:30pm (O,D) meetings are ongoing.

The SERVICE EXPRESS

April newsletter deadline for sending in announcements is **March 15th**.

District 70:

GSR Business Meeting – normally held the 2nd Sunday of the month. The next meeting will be **Sunday, March 10, 2:30pm**, at St. Luke's Episcopal Church, 219 Chunns Cove Rd, Asheville 28805.

The final version of the new District 70 By-laws has been sent out to all GSRs and will be posted soon on the District 70 website: www.ashevilleaa.org

District Service Committees – If you are interested in volunteering for a committee or have questions, please attend the next GSR Business Meeting (see above). You can also reach out to District Service Committee Chairs (listed under each committee) to find out how you can be of service.

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, 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 BTG Chair, Kathleen, at bridgingthegap@ashevilleaa.org.

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

Corrections Committee – Women's Chairs are Denise J. and Casey - contact at women_corrections@ashevilleaa.org. Men's Chair is David J. – contact at mens_corrections@ashevilleaa.org. 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. AA members new to town need to connect with District Corrections Chairpersons/meetings/volunteers for referrals.

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.

Literature and Grapevine Committee – Debra J. is the chairperson. Contact her at literature@ashevilleaaa.org to volunteer. The focus is to assure that A.A. literature and Grapevines are available to all groups, service meetings, and other A.A. events. Through displays, supplies of A.A. catalogs and order forms, and A.A. workshops, these volunteers help A.A. members and other committees to carry the A.A. message through our literature.

District 71:

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

Submitted by Terry G., DCM:

“By the Grace of God, with the increase in AA members who are willing to serve, we have filled the positions of CPC/PI, Corrections, Grapevine and Events Chairpersons. We still need Chairperson for Treatment Committee. Anyone who is interested in this service position please come to the GSR Meeting on March 9 or contact Terry through Central Office – 828-254-8539.

“The Corrections Committee is in need of men and women 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 call/email Central Office – 828-254-8539; info@ncmco.net – for contact information.”

District 80:

GSR District Meeting will be **Sunday, April 21, 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 contact Matt by calling or emailing Central Office.

The next quarterly combined COR/NCMCO Board meeting will be **Thursday, March 14, 6:00pm**, 70 Woodfin Place, Suite 212 (just down the hall from Central Office), Asheville 28801.

Our wonderful 12-Step Call Volunteer Coordinator, Hope, has moved to Florida. So, we are in need of a new person to fill the position. If you are interested it being of service, please attend the next COR/Board meeting in March and/

or contact Pam at Central Office: 828-254-8539; info@ncmco.net

Here are the responsibilities:

12-Step Call Coordinator

1. Has responsibility for maintaining the 12-Step phone call volunteer list, with help from the Office Manager.
2. Recruits new volunteers.
3. Interacts with the Answering Service to update its volunteer list with Central Office's 12-Step call list. Shares responsibility with NCMCO to ensure appropriate rotation of calls to 12-Step volunteers.
4. Attends Board meetings as a voting member.

Special Meetings and Events

(Continued from page 3)

Oak Island Lighthouse Retreat – Fellowship and Serenity by the Sea. May 10-12. Fort Caswell, 100 Caswell Beach Rd, Oak Island, NC 28465. For more information, visit website: www.lighthouse-retreat.com

Girlstock International – A Journey Through the Steps. May 31-June 2. Hilton Atlanta Airport, 1031 Virginia Ave, Atlanta, GA 30354. For room reservations, call: 404-767-9000 (Room block is under “Girlstock International”) For more information, visit website: www.girlstockinternational.com

Area 51 Spring Committee and Assembly Meeting. June 21-23. Hilton North Raleigh/Midtown, 3415 Wake Forest Rd, Raleigh 27609. For room reservation call: 919-872-2323 or 800-445-8667 (Group Code: “A51”) For more information, visit website: www.aanorthcarolina.org or email Area Chair: chair@aanorthcarolina.org

72nd North Carolina State Convention. July 11-14. Hilton North Raleigh/Midtown, 3415 Wake Forest Rd, Raleigh 27609. For room reservation call: 919-872-2323 or 800-445-8667 (Group Code: “NCST”) For more information, visit website: www.aanconvention.com or email: aanconvention@gmail.com

NCCYPAA Host Committee Summer Campout. July 19-21. Briar Bottom Group Campground, Asheville (Burns-ville) NC. For more information, visit website: www.NCCYPAA2019.org

44th Atlanta Roundup. August 1-4. The Westin Perimeter North, 7 Concourse Pkwy, Atlanta, GA 30328. For room reservation call: 770-395-3900. For more information, visit website: www.atlantaroundup.com

NCCYPAA XXIII – The Road to Happy Destiny. September 19-22. DoubleTree by Hilton, 115 Hendersonville Rd, Asheville 28803. For room reservation call hotel: 828-274-1800 (mention NCCYPAA – Group Code: “YPA”) For questions, email: chair@NCCYPAA2019.org or visit website: www.NCCYPAA2019.org

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

(continued from page 1)

every morning and every night and thanked my Higher Power each night for helping me stay sober, just as I had been doing for over 26 years.

In January of 2012, Eddie died at home, with his little sister, our best friend Michael, the dog and me sitting with him. I'm so grateful that I could be there, showing my love to the last, something I could never have done while drinking. AA gave us that.

His death was terrible, but the aftermath was truly shattering. I wanted to die and planned to. I cried most of the time, but I went to my home group. Those people and AA supported me no matter how much I expressed my anger in meetings. I talked about how similar getting through this was to getting sober, that the things I was told in the beginning were the things I had to follow to survive the pain: put one foot in front of the other, talk to people and ask for help. Most of the time my prayers were simple: Help me!

One of the worst things was that, in my grief, I had lost that feeling that my Higher Power was with me, despite knowing she was. That scared me, but I saw evidence of her presence in my life and I know she was there. In fact, one of the only things that kept me going was the knowledge of many years of her presence and help whether I could feel the power or not.

I felt like I should have done more, I felt like a failure because I could not keep Eddie alive and make him not hurt. Eventually I realized the arrogance in that. Who was I to think I could stop death?

For years I had gone to meetings and sponsored people, taking them through the Steps. As Eddie got sicker, I was not asked to sponsor people. But three months after his death, I got a call from a treatment center saying that they had a woman who was being discharged who did not have a driver's license and who lived in Swannanoa. Since I was the only AA person listed in the area, they called me to ask if I could help her get to meetings, I wanted to say, "Hell no, my husband just died." But I said yes, believing there was a reason for the call.

And there was. I went to more meetings. I focused on her and I inadvertently showed other alcoholics how to survive tragedy and grief without drinking. I did it with little grace, reacting angrily when people whined about trivialities in meetings or said things that they thought were supportive but hurt tremendously. I will never say again, "This too shall pass." My love for Eddie and my pain will never pass, but I knew the pain would change. And it did. When people with the best of intentions asked how I was

doing, I would tell them I felt awful. And they told me they loved me and to keep coming back, just like in the beginning.

One night, several months later, as I stood at my bedroom window talking to my HP under a full moon, I told her this overwhelming desire to not want to live was hurting my dog and my roommate. I asked her to remove it and she did. I was slightly stunned, but that experience reinforced my old belief that I was not alone. I came to realize that just not taking a drink was the best I could do at the time and that was enough.

Eventually I started practicing the Steps again, first realizing that I had done everything I possibly could for Eddie. I knew that my HP was there and wanted me to live. So I started practicing putting all of the pain, the anger, the fear, the confusion and the grief in her hands. I still didn't know who I was. But I endured.

After a couple of years, I worked the Fourth Step, looking at the resentments that had built up for so long and my part in them. Unfortunately, I continued to focus on how much more I believed I should have done. I found a woman in Asheville to hear my Fifth Step and realized again that I wasn't that powerful. At the Sixth Step, I was entirely ready to have the pain removed and asked humbly for that to be done.

Now, three years after Eddie's death, I'm sponsoring people, telling my story, taking phone calls from suffering drunks and doing the things I used to do to stay sober. I use my experience to show that no matter how terrible life gets, drinking will only make things worse. I still cry, but that happens less and less. I still have fear and loneliness, but it doesn't last as long.

I've decided that isolation isn't good for me, so I'm making an effort to get involved in life. It doesn't always work, but the important thing is that I make the effort. And I am learning to live rather than endure. Most importantly, I am gaining hope that life can be better, and I can finally feel my Higher Power again. I haven't had a drink today, thanks to AA, so I'm a success even if I don't feel like it sometimes. Things will continue to change and I can look forward to seeing them with clear eyes and a clear conscience, knowing I have done the best I can do.

Lucy B.

Swannanoa, NC

(Written and submitted to AA Grapevine Inc. in 2015; published in September 2018 issue. Reprinted with permission.)

ANNIVERSARIES

2nd Chance Group - Cherokee

Carol L. 3-12-2007 12 yrs

Acceptance Group

Elizabeth T. 3-01-2009 10 yrs
Susan L. 3-10-2018 1 yr
Tadd 3-23-2015 4 yrs
Rich W. 3-28-1994 25 yrs
Dave B. 3-29-1987 32 yrs

Around the Room Group

Bruce A. 3-15-1988 31 yrs

At Wit's End Group

Blake H. 3-07-2015 4 yrs
Jacob L. 3-07-2007 12 yrs
Danny 3-11-2014 5 yrs

Back to Basics Group

Christopher C. 3-04-2017 2 yrs
Wally H. 3-22-1994 25 yrs
Dave G. 3-25-1996 23 yrs
Ken P. 3-27-1986 33 yrs
Stephen M. 3-27-1983 36 yrs
Kelly B. 3-28-2014 5 yrs

Brevard Serenity Group

LaDawn J. 3-23-2018 1 yr

Candlelight Group

Dani B. 3-05-2016 3 yrs
Katherine F. 3-06-2016 3 yrs
Todd Z. 3-06-2016 3 yrs

Candler K.I.S.S. Group

Bruce R. 3-21-1998 21 yrs

Conscious Contact Group

Ken B. 3-17-2017 2 yrs
James K. 3-27-2016 3 yrs

Cumberland Group

Bob G. 3-21-2015 4 yrs
George B. 3-21-2017 2 yrs
Scott B. 3-29-2017 2 yrs

Daily Decisions Group

Kelly H. 3-02-2016 3 yrs
John B. 3-07-1982 37 yrs

Fellowship Group

John Q. 3-07-1989 30 yrs
Julie D. 3-08-1991 28 yrs
Gary O. 3-10-2010 9 yrs
Chris S. 3-16-2018 1 yr
Debra V. 3-17-1987 32 yrs
James B. 3-20-2018 1 yr
Patti F-E. 3-21-2013 6 yrs
Robbie L. 3-28-2016 3 yrs
Chris V. 3-29-2009 10 yrs

Good Livers Group

Karen 3-01-2018 1 yr
Lauren F. 3-01-2017 2 yrs
Linda W. 3-01-2006 13 yrs
Shana R. 3-15-2017 2 yrs

Grace Group

Weston B. 3-03-2015 4 yrs
Shari S. 3-08-2002 17 yrs
Tim B. 3-10-2017 2 yrs
Tim F. 3-12-2013 6 yrs
Betsy C. 3-13-1995 24 yrs
Alan D. 3-15-2012 7 yrs
Dick J. 3-15-2081 38 yrs
Wesley M. 3-17-2017 2 yrs
Dave G. 3-25-1996 23 yrs

Happy Hour Group

Chris S. 3-16-2018 1 yr

Hendersonville Group

Richard R. 3-12-1986 33 yrs
Ashley S. 3-21-2016 3 yrs
Terry G. 3-26-1979 40 yrs

Leicester Group

Ed M. 3-17-1974 45 yrs

Marshall Group

Ed M. 3-17-1974 45 yrs
Stephen M. 3-27-1983 36 yrs

Mars Hill Group

Gary R. 3-05-2000 19 yrs
Ray C. 3-11-2016 3 yrs
Ed M. 3-17-1974 45 yrs
Stephen M. 3-27-1983 36 yrs

Midday Group

Marty M. 3-01-2018 1 yr

Phoenix Group

Bob C. 3-26-1996 23 yrs

Riverside Group

Benjamin 3-03-2017 2 yrs

Serenity Now Group

Brad M. 3-08-1983 36 yrs
Doug 2-23-2000 19 yrs
Steve J. 3-26-1986 33 yrs

Serenity Seekers Group - Marion

John L. 3-01-2002 17 yrs
Billy S. 3-27-2014 5 yrs

Total Surrender Group

Joseph L. 3-04-2018 1 yr
John Q. 3-07-1989 30 yrs
Matt P. 3-08-2018 1 yr
Cathy C. 3-20-1993 26 yrs
Michael R. 3-20-2014 5 yrs
Pam W. 3-25-2013 6 yrs
Sherry N. 3-27-2011 8 yrs
Robbie L. 3-28-2016 3 yrs
Kelsey 3-29-2016 2 yrs

Traditional Group

Michael C. 3-04-2016 3 yrs

Waynesville Grace Group

Leslie B. 3-01-2010 9 yrs
Shirley D. 3-05-2017 2 yrs
Jimbo C. 3-10-1994 25 yrs
Charlie S. 3-21-1993 26 yrs

Women of Grace Group

Jane Y. 3-28-2001 18 yrs
Kristin G. 3-28-2015 4 yrs

Need to update your Group's anniversary list?

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

info@ncmco.net

April newsletter deadline for sending in anniversaries and announcements is March 15.

UNITED WITH HOPE

10:00 am GROUP

Proudly Announces Our

THIRD

ANNIVERSARY

Come Celebrate With Us!

Friday, March 8th

Complimentary Breakfast 9:00 am - Scrambled eggs, bacon, etc.
If you want something special feel free to bring and share.

Speaker Meeting at 10:00 am
(Mary M. from Brevard Serenity Group)

Hope United Methodist Church
(in Fellowship Hall – not Choir Room)
2443 Spartanburg Hwy, E. Flat Rock 28726

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

------(Cut here)-----

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: _____

NCCYPAA HOST COMMITTEE

ST. PATRICK'S DAY

POTLUCK

SATURDAY
MARCH 16TH
2019

Please bring a dish
to share!

PIE-IN-THE-FACE AUCTION @ 7:30pm

POTLUCK DINNER @ 5:30pm

SPEAKER MEETING @ 6:30pm

Acton United Methodist Church
171 Sandhill School Rd
Asheville, NC, 28806



FOR MORE INFO VISIT
NCCYPAA2019.ORG



Sobriety is a Pot o' Gold!
Come celebrate the gift!

Sunday, March 17th
from 3:00 to 7:00 PM
at Asheville 12 Step Club

22B New Leicester Highway

Pot luck meal 3:00 to 5:00

(Please bring a dish to share)

Speakers and "Pot o' Gold"
countdown 5:00 to 7:00



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

LARCENE 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

Area 51 Spring Committee & Assembly Meeting June 21-23, 2019

THE HILTON NORTH RALEIGH/MIDTOWN
3415 Wake Forest Road, Raleigh, NC 27609

ADVANCE HOTEL INFORMATION

Deadline for Reservations: Thursday, May 23, 2019

Group Code: A51

Group Name: Area 51, General Service Spring Assembly

Room Rates: \$125.00 Single/Double, \$130.00 Triple, \$135.00 Quad

Phone: 919-872-2323 or 800-445-8667 [1-800-HILTONS]

Internet: Link for direct reservations: <https://tinyurl.com/y9eucgwa>

Internet: Link for hotel information: www.northraleigh.hilton.com

For Best Results:

- Reserve as soon as possible and definitely before the deadline. Please note, once the rooms in our block sell out, it's unlikely there will be other rooms left in the hotel.
- Using the direct reservation link will ensure the contracted rate and apply to the room block.
- **PLEASE MAKE YOUR RESERVATIONS EARLY!**
- If you reserve by phone, be sure to specify the group code "A51" and the group name "Area 51 General Service Spring 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 the Area Chair at chair@aanorthcarolina.org.

**Thank you for your service and support of Area 51. See you at the
Spring 2019 Committee and Assembly!**

WET HOT AMERICAN YPAA



LAUREL RIDGE CAMP

April 25-28

Register at: www.ptypaa.com

Email: events@ptypaa.com

Pre-Registration: \$40

****Price Increases to \$50
after February 3rd****

2019 Area 51 Western Pre- Conference

**April 27, 2019 12:30pm – 4:30pm
First United Methodist Church in Hickory, NC
311 3rd Ave NE, Hickory, NC 28601**

Introduction: 12:30 – 1:00

Lunch Provided: 1:00 – 1:45

Breakout Sessions: 2:00 – 3:15

Report Out & Delegate Session: 3:30-4:30

Come meet our Area 51 Panel 69 Delegate! Learn about the issues to be discussed at the upcoming 2019 69th General Service Conference of Alcoholics Anonymous, and let your voice be heard!

For more information please contact: Debbie G at dcm@ncd12aa.org or Marty M at webmaster@ncd12aa.org

West Asheville Eatin' Meetin'

Let's celebrate recovery!
Enjoy food and fellowship together.

Saturday, April 27th

@

Abernethy UMC

1418 Patton Ave, Asheville 28806

6:30pm - Doors Open

7:00pm - Pot Luck Dinner

8:00pm - Speaker Meeting

Please bring a covered dish with
something in it to share!



POTLUCK DINNER

Oak Island Lighthouse Retreat



Fellowship and Serenity by the Sea

May 10, 11, 12, 2019

Fort Caswell - 100 Caswell Beach Road, Oak Island, NC 28465

Register and Pay Online at www.lighthouse-retreat.com

Day Registration • \$35.00 per person
No Meals • Includes all meetings & functions for the weekend

Overnight Registration • \$182.00 per person • **Double Occupancy Only**
Includes 5 meals • 3 AA Speaker meetings
Al-Anon Speaker meeting • All other meetings • Ice Cream Social

Speakers: Katy H. - Sanford - AA (Friday pm.) • Lebra N. - Charlotte - AFG (Saturday am)
 Crockett H. - Columbia, SC - AA (Saturday pm) • Mike B. - Myrtle Beach, SC - AA (Sunday am)

After April 15, 2019 Late registration/room call Charlie 910.512.0970 • Online assistance call Sara 914.417.7009

Mail In Registration - Fill out for EACH person.
 Cut form below and mail (with payment) to
 Oak Island Lighthouse Retreat, PO Box 235, Oak Island, NC 28465

Name 1 _____ M F _____
 Address _____
 City _____ ST _____ ZIP _____
 Phone _____
 Email _____

Name 2 _____ M F _____
 Address _____
 City _____ ST _____ ZIP _____
 Phone _____
 Email _____

Name Tag: _____
 Special Request: (Roommate, 1st floor, etc.)

Name Tag: _____
 Special Request: (Roommate, 1st floor, etc.)

Registration Type	#Persons	\$Amt
Overnight: \$182 per person OR \$92 Deposit p.p. OR		
Day Registration \$35 per person		
Total Enclosed:		

Lodging is motel-style. Friday check-in - 4 p.m. Dinner - 6 p.m. First meeting - 8 p.m. Deposits are non-refundable after May 1. Make Checks Payable to: Oak Island Retreat.

Girlstock International

A Journey Through The Steps

Friday, May 31 to Sunday, June 2, 2019

Hilton Atlanta Airport • 1031 Virginia Ave., Atlanta, GA 30354

Located 5 minutes from Hartsfield Jackson International Airport.

Free shuttle from and to airport.

Call 404-767-9000 for reservations.

Room block is under "Girlstock International"

Hotel rate is \$113.00*

**Rate is also good for one day before and one day after event.*

**Reserve your room by May 13, 2019 for this rate.*

Complimentary self-parking. Pets allowed with additional deposit. Coffee in every room.

Featuring 8 Wonderful Speakers:

Sonia L., Nashville, TN, Entertainment

Amanda B., Montgomery, AL, The Voice

Friday 7:00 p.m. Amy D., Louisville, KY ~ "Steps 1 & 2"

9:00 p.m. Theresa F., Van Nuys, CA ~ "Step 3"

Saturday 9:00 a.m. Sharon C., Los Angeles, CA ~ "Steps 4 & 5"

10:30 a.m. Angie B., Destin, FL (AFG) ~ "Alanon"

2:00 p.m. Beth H., Cary, NC ~ "Steps 6 & 7"

4:00 p.m. Tami P., Chatsworth, CA ~ "Steps 8 & 9"

8:00 p.m. Speaker Panel

Sunday 9:00 a.m. Carla R., Tujunga, CA ~ "Steps 10 & 11"

10:30 a.m. Debra V., Jacksonville, FL ~ "Step 12"

For additional information call:

Amanda B., 334-300-2501(Alabama) • Nita C., 901-210-1562(Tennessee)

Suzanne S., 678-231-6510(Georgia) • Kristi G., 501-615-5943(Arkansas)

Ann P., 407-371-1575 (Florida)

Event Registration \$30 Before April 30th.

After April 30th and at the Door is \$35.

Register by PayPal at <http://girlstockinternational.com>

or make check or money order payable to "Special Events" and mail to:

c/o Kristi Gray (gray.krist@gmail.com), PO Box 241324, Little Rock, AR 72223

Girlstock International - A Journey Through The Steps 2019

Name _____

Name _____

Address _____

Address _____

City _____

City _____

State _____ Zip _____

State _____ Zip _____

Phone _____

Phone _____

Email _____

Email _____

Name on Badge _____

Name on Badge _____

Sponsorship Contribution \$_____. Lend a hand to those unable to pay the registration fee.

This flyer may be copied for distribution or downloaded from www.leestapesandcds.com • No Vendors Allowed

*Be Filled with
Love & Joy*

**Al-Anon
Participation**

Area 51 Spring Committee & Assembly Meeting June 21-23, 2019

THE HILTON NORTH RALEIGH/MIDTOWN
3415 Wake Forest Road, Raleigh, NC 27609

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Internet: Link for direct reservations: <https://tinyurl.com/y9eucgwa>

Internet: Link for hotel information: www.northraleigh.hilton.com

For Best Results:

- Reserve as soon as possible and definitely before the deadline. Please note, once the rooms in our block sell out, it's unlikely there will be other rooms left in the hotel.
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- **PLEASE MAKE YOUR RESERVATIONS EARLY!**
- If you reserve by phone, be sure to specify the group code "A51" and the group name "Area 51 General Service Spring 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 the Area Chair at chair@aanorthcarolina.org.

**Thank you for your service and support of Area 51. See you at the
Spring 2019 Committee and Assembly!**



72nd North Carolina State Convention

July 11-14, 2019

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

Register NOW to Support Your Convention!

Register online at www.aanconvention.com

Convention Pre-Registration

before June 13, 2019 **\$20.00** per person

\$25.00 per person June 13, 2019 and after.
Al-Anons 18 & under - No charge but must register.
(No Refunds after June 13, 2019)

Hotel Registration

Mention Group Code: NCST

Single & Double: \$125 + tax

Triple: \$130 + tax

Quad: \$135 + tax



Phone: (919) 872-2323 - ask for NC State Convention and/or group code "NCST" to make reservations.

Online: www.NorthRaleigh.Hilton.com - enter group code "NCST" where prompted.

Cut-off for Conference rate: June 13, 2019

If you would be interested in a golf tournament at a future convention, please email us at aanconvention@gmail.com

Speakers

Bob S.	Charlotte, NC	Thurs 8:30 pm
Kenna F.	Pasadena, CA	Fri 8:00 pm
Vannoy S. ▲	Justin, TX	Sat 9:30 am
Tammy Z.	Humble, TX	Sat 2:30 pm
George E.	Murrels Inlet, SC	Sat 8:00 pm
Billy N.	Buford, GA	Sun 10:00 am
God as I Understand Him <i>(5 peoples' experience)</i>		Sun 8:30 am

Workshops - Fri 10:30 am & Sat 4:00 pm

- ★ FREE Convention Mug to First 400 Pre-Registrants!
- ★ Old-Timers' Panel, Friday at 3:00 pm
- ★ 'Round the Clock Marathon Meetings
- ★ Open Discussion Meetings ☯ ▲
- ★ Saturday Night Dance
- ★ Plenty of FREE Coffee

Consider buying a sponsorship for those less fortunate

For more information or for problems with hotel reservations, please contact:

Beth R. (704) 941-1220 • Alana E. (980) 230-9333

OR Email: aanconvention@gmail.com



72nd North Carolina State Convention

Name _____
Please print legibly

Address _____

City, State, Zip _____

Email _____

Telephone (_____) _____ - _____

Name(s) for badge(s) _____
Please print

♿ Do you have accessibility needs? _____

\$20.00 Special Rate before June 13, 2019
June 13 and after **\$25.00**
Al-Anons 18 & under: No charge but must register.

Make checks payable to:
NC Convention Committee
PO Box 41451 • Raleigh NC 27629

Enclosed is \$ _____
for _____ registration(s)

Is this a sponsorship? Yes No

Preferred method of contact:
 Email Mail

If you are willing to be a volunteer,
please check here:

**NCCYPAA
HOST COMMITTEE**

Summer Campout

**JULY 19TH-21ST, 2019
BRIAR BOTTOM GROUP CAMPGROUND
ASHEVILLE, NC**

**MEALS INCLUDED + BONFIRE SPEAKER MEETINGS
CAPTURE THE FLAG IN THE DARK + SCAVENGER HUNT
HIKE TO MT. MITCHELL + WATERFALL & RIVER ACCESS
MAFIA + S'MORES + PUBLIC RESTROOMS & SHOWERS
+ MORE!**

**PRE-REGISTRATION COST:
\$15 UNTIL MARCH 17 + \$20 UNTIL MAY 28
\$25 UNTIL JULY 18 + \$30 DAY OF**

REGISTRATION AVAILABLE AT:

NCCYPAA2019.ORG



44th Atlanta Roundup

Aug 1st – Aug 4th 2019



"Give freely of what you find and join us"

The Roundup is pleased to welcome our 2019 Speakers!

Earl H • Scottsdale, AZ

Terri K • Woodville, OH

Rich B • Ocean City, MD

Susan B • Tulsa, OK

The Westin Perimeter North

**Group Rate is Limited—Book Early!!
7 Concourse Pkwy Atlanta 30328
Call 770-395-3900 for Reservations**

AA, Al-Anon & Alateen Workshops

**Big Book Trivia Contest • Meetings
Fellowship • Entertainment
Hospitality • Home Made Treats**

Come and join us for our annual weekend of Fun, Fellowship and Serenity as we celebrate our 44th Roundup! We have a great Program of Speakers, Workshops & Entertainment. Register and sign up to be a Volunteer at: www.atlantaroundup.com or fill out and return the form below.

The Atlanta Roundup Committee is an all volunteer body whose Primary Purpose is to carry the AA message and to unite the Metro Atlanta AA, Al-Anon and Alateen Community in Unity, Service and Recovery.

Name: _____ Name for Badge: _____

Home Group: _____ Phone: _____

City: _____ State: _____

Email (for confirmation and updates): _____

Program: AA ___ Al-Anon ___ (Alateen registration is \$1 at the door during Roundup)

Do you want to be a Volunteer? Yes ___ No ___. Registration ___ Greeter ___

Bake cookies for Hospitality? (Must be Homemade): Yes ___ No ___ ; # of dozens ___

\$35 per person + Scholarship contribution: _____ Total _____

Make out checks to: The Atlanta Roundup, 1111 Canyon Point Circle, Roswell, GA 30076

NCCYPAA XXIII

North Carolina Conference of Young People in AA

ASHEVILLE

The Road of Happy Destiny

Sept 19th-22nd, 2019

DoubleTree by Hilton • Biltmore Village

115 Hendersonville Rd • Asheville, NC, 28803

Double & King Room Rate: \$125

To book a room by phone, call the hotel directly at
(828) 274-1800 and mention NCCYPAA

DoubleTree.Hilton.com • Group Code: YPA

Questions? Email: chair@NCCYPAA2019.org

To pre-register and book a room, please visit:

NCCYPAA2019.org