

# Mountain OCTOBER 2019 Down's

(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

## Fall Picnic



**Saturday, October 12, 11:00am-2:00pm**

Hosted by NCMCO and Districts 70, 71 & 80

Come join us for food, fellowship, volleyball and games! Hamburgers, hotdogs, veggie burgers, coffee, soda and water will all be provided; bring a side dish or dessert to share if you'd like. And bring a chair if possible. The picnic begins at 11:00am, with a speaker meeting from 1:00pm to 2:00pm. The speaker will be Wallace B. from Sanford, NC.

Location: Recreation Park Picnic Gazebo, WNC Nature Center, 75 Gashes Creek Rd, Asheville 28805.

For more information or to volunteer, call or email Central Office: 828-254-8539; [info@ncmco.net](mailto:info@ncmco.net)

## Inside:

- Page 2**
- NCMCO Profit and Loss
  - NCMCO Operating Accounts
  - Call and Visitor Log
- Page 3**
- Contributions
- Page 4**
- Meeting Updates
  - The Service Express
- Page 5**
- Service Express Continued / Special Meetings and Events
- Page 6**
- Central Office Board Positions Needed
- Page 7**
- Anniversaries

## Central Office Positions Open

The Central Office Board has several service positions that need filling – one which is open now and the rest which will need filling by the first of the year. Elections will be held at the next COR/Board meeting on November 14.

Below are the responsibilities for each position. If you are interested in any of these, or have any questions, please attend meeting in November or contact Pam at Central Office: 828-254-8539; [info@ncmco.net](mailto:info@ncmco.net)

### 12-Step Call Volunteer Coordinator (open now - needs filling as soon as possible):

- Has responsibility for maintaining the 12-Step Call Volunteer list, with help from the Office Manager.
- Recruits new volunteers.
- Interacts with Office Manager to provide the Office, Answering Service and After-hours Hotline Volunteers with updates to the 12-Step Call Volunteer list. Shares responsibility with NCMCO to ensure appropriate rotation of calls to 12-Step volunteers.
- Attends Board meetings as a voting member.
- Shall have at least three years' continuous sobriety at the time of taking office. Term of position is for 3 years.

(Continued on page 6)

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

	<u>Aug 19</u>	<u>Jan - Aug 19</u>
Ordinary Income/Expense		
Income		
Contributions		
Birthday Contributions	34.00	346.11
Group Contributions	1,935.70	21,660.98
Individual Contributions	35.61	287.19
Subscriptions	0.00	12.00
Total Contributions	2,005.31	22,306.28
Interest on Money Market	0.94	7.37
Sales Income		
Literature & merchandise	3,396.24	25,286.83
Shipping charged to groups	60.85	353.57
Total Sales Income	3,457.09	25,640.40
Total Income	5,463.34	47,954.05
Cost of Goods Sold		
Freight - vendor shipping	59.61	370.57
Literature & merchandise	2,888.99	21,354.94
Shipping to groups	61.30	357.46
Total COGS	3,009.90	22,082.97
Gross Profit	2,453.44	25,871.08
Expense		
Accountant fees		
Accountant	0.00	405.00
Filing fees for 501c3	0.00	600.00
Total Accountant fees	0.00	1,005.00
CO/D70 Fall Picnic	0.00	40.00
Computer, Software, IT Asst	0.00	74.89
Copier Rental	163.71	1,281.31
Credit Card Processing	22.98	195.46
Editor	135.00	1,080.00
ICOAA Conference	0.00	30.00
Office Expenses	0.00	120.00
Office Supplies	46.32	276.90
Payroll Expenses		
Gross Salary (Including Taxes)	1,758.75	10,165.00
Payroll Taxes (Company)	134.54	819.62
Processing (for Direct Deposit)	7.00	45.50
Total Payroll Expenses	1,900.29	11,030.12
QuickBooks Expenses	0.00	246.10
Rent	567.00	4,485.00
Stamps/Postage	87.50	626.93
Telephone & Internet		
Answering Service	0.00	505.00
Office Telephone/Internet	151.36	1,191.95
Total Telephone & Internet	151.36	1,696.95
Total Expense	3,074.16	22,188.66
Net Ordinary Income	-620.72	3,682.42
Other Income/Expense	0.00	0.97
Net Income	<u>-620.72</u>	<u>3,683.39</u>



## October Grapevine is now available!

This month's Special Section is on Accessibilities, featuring hopeful stories by AA members who use wheelchairs, have sight issues or hearing loss, etc., who have overcome challenges. Includes stories by members who have done service in this area.



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

### Cash on Hand as of 8/31/2019

Prudent Reserve (Money Market)

**\$11,071.56**

Operating Account (Checking)

**\$12,959.65**

Rent Deposit **\$400.00**

Petty Cash **\$50.00**

## Call & Visitor Log

### August 2019

12 Step Calls – 2  
 General Info – 4  
 Family Help – 1  
 Meeting Info – 12  
 Central Office  
 Business – 41  
 Medical/Detox – 0  
 Visitors – 76



Answering Service (Operator-Asst) – not used in August

After-hours Hotline Volunteers – 50 calls

Visits to aaNCMCO.org website:

Unique Visitors – 762

Number of Visits – 1,541 (2.02 visits per visitor)

Pages Visited – 4,234 (2.74 pages per visit)

# Contributions

	Aug 2019	YTD		Aug 2019	YTD
12 & 12 Study Group		\$75.00	New Freedom Group 700-124		\$80.00
2nd Chance Group - Cherokee 712-180		\$0.00	Newland Serenity (Linville Mtg.)		\$92.69
3 Legacies Group 709-522		\$0.00	No Name Group - Murphy		\$50.00
4th Dimension Group		\$0.00	Papertown Group		\$65.80
Acceptance Group 122-477	\$250.00	\$2,280.42	Phoenix Group		\$40.00
Agnostics, Atheists & Freethinkers AA Group	\$300.00	\$300.00	Pisgah Group		\$320.00
Andrews Group 110-494		\$0.00	Plan B Group 670-567		\$40.00
Anonymous		\$1.63	Practicing Principles 667-311		\$0.00
Around the Room Group		\$75.00	Primary Purpose Group		\$20.00
AVL Women's Big Book Step Study 703-990		\$100.00	Recovery at 6		\$135.41
At Wit's End Group	\$40.00	\$101.00	Recovery by the River 674-892	\$102.90	\$258.83
AWOL Group		\$0.00	Roundtable Group 135-605		\$30.00
Back to Basics Grp - Weaverville 147-139		\$400.00	Rule 62 Group		\$0.00
Big Town Group 671-200		\$418.58	Safe & Sound 645-654		\$190.00
Bill's Kitchen - Men's Meeting		\$25.00	Saluda Back to Basics Group		\$0.00
Black Mountain Group 117-117		\$40.00	Saturday Morning Men's Meeting	\$175.00	\$600.00
Brevard Men's Group		\$0.00	Serenity Now 670-803		\$75.00
Brevard Serenity Group 631-231	\$300.00	\$300.00	Serenity Seekers - Marion Noon AA 663-204		\$100.00
Bryson City Group 110-467		\$0.00	Serenity Service Group 110-498	\$25.00	\$200.00
Burnsville Group 136-171		\$0.00	Skyland 12&12 Group		\$196.78
But for the Grace of God Group		\$34.36	Sober Sisters - Flat Rock		\$114.82
BYOC - Bring Your Own Coffee		\$50.00	Speed Bump Group 512-851		\$195.00
Candlelight Meeting		\$0.00	Spiritual Fitness Group 720-419		\$177.00
Candler KISS Group 163-148	\$240.00	\$240.00	Spruce Pine Group 110-679		\$500.00
Cashiers Valley Grp 122-589		\$903.37	Spruce Pine Saturday Morning Group	\$124.00	\$274.00
Cedar Mountain Group 161-082		\$75.00	Sunlight of the Spirit Group 727-048		\$62.14
Columbus Group 150-908		\$0.00	Sunshine AA Group 163-759		\$100.30
Conscious Contact Group - Asheville		\$950.00	Surrender Group - Black Mountain		\$150.00
Cullowhee Valley Group 118-129		\$75.00	The Meeting		\$100.00
Cumberland Group 122-472		\$0.00	The Principles Group 675-162		\$21.00
Daily Decisions 643-869	\$176.58	\$670.59	Total Surrender Group		\$0.00
Day by Day Group 159-058		\$1,045.60	Tryon Monday 5:30 Meeting		\$482.33
District 71		\$0.00	Tuesday Night Men's Group 179-001		\$0.01
Down But Not Out Group		\$0.00	United With Hope Group 719-052		\$159.00
Downtown Serenity Group 702-463		\$101.70	Wanderers Men's Group		\$47.83
Early Bird Group 612-780		\$203.00	Waynesville Grace Group 110-692		\$1,220.00
Fellowship Group 655-542		\$350.00	We Think Not Group 700-411	\$75.00	\$164.00
Fireside Group 655-046		\$387.00	West Asheville Group 110-501		\$83.25
Good Livers 666-360		\$440.00	Women's BBSS Group - Hendersonville		\$0.00
Grace Group 161-970		\$1,193.86	Women's Grapevine Meeting		\$0.00
Great Fact Group		\$500.00	Women of Courage Group		\$884.10
Happy Hour Group - Hendersonville 169-182		\$250.00	Women of Grace	\$52.22	\$88.72
Happy, Joyous & Free - Columbus		\$0.00	Women of Principles Group		\$0.00
Heart Fire Group		\$48.00	Working at Recovery		\$0.00
Hendersonville Group 110-594		\$0.00			
Hendersonville Men's Group		\$100.00	<b>Total Group</b>		
High Noon Group 689-080		\$95.00	<b>Contributions:</b>	<b>\$1,935.70</b>	<b>\$21,660.98</b>
Joe & Charlie Big Book Study		\$0.00			
Joy of Living - Brevard 669-820		\$225.00	<b>Individual</b>		
Kanuga Group 645-767		\$0.00	<b>Contributions:</b>		
Keep Coming Bat Group		\$69.00	Anonymous	\$5.61	\$25.83
Lambda Group 617-035		\$106.88	Bob L.		\$150.00
Landrum Group 715-401		\$105.00	Bob P.		\$5.00
Last Chance Group - Men's First Step Farm		\$14.00	Marty	\$20.00	\$20.00
Leicester Group 143-417		\$50.00	Scott		\$6.36
Library Group 672-283		\$0.00	In Memory of B.G.	\$10.00	\$80.00
Love & Share Group 716-957		\$298.00	<b>Total Individual</b>		
Maggie Valley Group 158-950		\$141.80	<b>Contributions:</b>	<b>\$35.61</b>	<b>\$287.19</b>
Maple Grove Group 121-212		\$0.00			
Marion AA Group 110-621		\$0.00	<b>Birthday Contributions:</b>		
Marshall Group 100-489		\$0.00	Anonymous		\$48.11
Mars Hill Group 130-895		\$68.00	Ed T.		\$32.00
Meditation Mondays		\$0.00	Eva T.		\$32.00
Men's Attitude Adjustment Group 670-850		\$175.00	Monica G.		\$200.00
Midday Grp (Hendersonville) 143-420	\$75.00	\$404.00	Sandy F.	\$34.00	\$34.00
Mill Springs Group 656-821		\$0.00	<b>Total Birthday Contributions:</b>	<b>\$34.00</b>	<b>\$346.11</b>
Mission Group 606-119		\$38.00			
Monday 6:00 Open Meeting		\$222.00	<b>Mountain Doin's Subscriptions:</b>	<b>\$0.00</b>	<b>\$12.00</b>
Mountain View Grp (Highlands) 110-598		\$547.18			
Musicians' Meeting		\$50.00	<b>Grand Total:</b>	<b>\$2,005.31</b>	<b>\$22,306.28</b>



# MEETING UPDATES: Districts 70 • 71 • 80

## **New Meetings:**

**Asheville: Hope In Sobriety:** Wednesday 2:30pm (O,LS/D,HA) Asheville 12 Step Recovery Club, 22-B New Leicester Hwy, Asheville 28806.

## **Discontinued Meetings:**

**Asheville: Keystone Group:** Monday 6:00pm (C,D) Oakley United Methodist Church, 607 Fairview Rd. Meeting is being discontinued as of the end of September. Last meeting will be September 30.

**Hendersonville: Orchard Group:** Saturday 2:00pm (O,D) St Paul's Episcopal Ch, 1659 St Paul's Rd. Meeting was discontinued the end of August.

## The SERVICE EXPRESS

November newsletter deadline for sending in announcements is **October 15**.

### District 70:

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

The new District 70 By-laws are now posted on the website: [www.ashevilleaa.org](http://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](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 BTG Chair, Kathleen, at [bridgingthegap@ashevilleaa.org](mailto:bridgingthegap@ashevilleaa.org).

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). Men's Chair is David J. – contact at [mens\\_corrections@ashevilleaa.org](mailto: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/2019/03/Volunteer-App-2019.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.

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** – 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>. To get involved, please attend the GSR Business meeting on October 13.

**Literature and Grapevine Committee** – Debra J. is the chairperson. Contact her at [literature@ashevilleaa.org](mailto:literature@ashevilleaa.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, October 12, 9:30am**. 1624 Willow Rd, Hendersonville, 28739. The District Service Committees now meet in conjunction with the GSR meeting.

They still need a Chairperson for the Treatment Committee. Anyone who is interested in this service position please come to the GSR Meeting on

October 12, or contact Terry through Central Office – 828-254-8539.

The Corrections Committee needs 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](mailto:info@ncmco.net) – for contact information.

### District 80:

**GSR Meeting** – held quarterly. The next meeting will be **Sunday, October 20, 1:30pm**, at Jackson County Family Resource Center, 1528 Webster Rd., Webster 28788. 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)

Any A.A. members interested in participating in meetings at the Appalachian Community Services Center located at 91 Timberlane Rd, Balsam, are welcome to attend. The meetings are every Monday and Wednesday at 6:00 pm and every other Saturday at 5:30pm. If you would like more information please contact Matt C. or Carl I. by calling or emailing Central Office – 828-254-8539; [info@ncmco.net](mailto:info@ncmco.net)

**Murphy Intergroup Meeting.** **Thursday, October 10, 5:30-6:30pm**, at St William Catholic Church, 765 Andrews Rd, Murphy, NC 28906. Office business will be discussed. All groups are encouraged to send a representative. The Murphy Central Office is in need of volunteers in all areas!

**The next combined COR/NCMCO Board meeting** (now held every other month) will be **Thursday, November 14, 6:00pm**, 70 Woodfin Place, Suite 212 (just down the hall from Central Office), Asheville 28801. There are several positions on the Board that are open now or will be rotating the first of the year. Elections will be held in November. See page 1 and 6 of the newsletter for details.

## Special Meetings and Events

**Central Office / Districts 70, 71 & 80 Fall Picnic.** Saturday October 12, 11:00am-2:00pm. Recreation Park Picnic Gazebo, WNC Nature Center, 75 Gashes Creek Rd., Asheville 28805. Speaker will be Wallace B. from Sanford, NC. Hamburgers, hotdogs, veggie burgers, and drinks provided; please bring a dish or dessert to share. And please bring a chair if you can. Come out and enjoy the food, fellowship and fun!

**Black Mountain Group's 42nd Anniversary Potluck.** Thursday, October 24. Potluck meal at 6:00pm, followed by speaker meeting at 7:00pm. The speaker will be John G. Come join the celebration! Black Mountain United Methodist Church, 101 Church St, Black Mountain 28711

**Area 51 Fall Committee and Assembly Meeting.** October 25-27. Open to all A.A. Members. The Hilton Raleigh North Hills, 3415 Wake Forest Road (Exit 10 off I-440 Beltline) Raleigh, NC 27609. Deadline for Hotel Reservations: September 25. Group Code: AR51; Local Phone: (919) 872-2323; Toll-Free: (800) 445-8667; Direct Reservation Link: <https://tinyurl.com/y2quguqn>

**5th Southern States Alcoholics Anonymous Service Assembly.** November 8-10. Co-hosted by NC Area 51 and SC Area 62. Lake Junaluska Conference and Retreat Center, Harrell Center, 91 North Lakeshore Drive, Lake Junaluska, NC 28745. For more information and online reservations, visit website: [www.area62.org/SSAASA/](http://www.area62.org/SSAASA/) or email: [SSAASAFive@gmail.com](mailto:SSAASAFive@gmail.com)

**AVL-12 Thanksgiving Potluck Dinner.** Thursday November 28, 2:00-5:00pm. Speaker at 4:00pm. Come and enjoy the food, fun and fellowship. Bring something to share. Asheville 12 Step Recovery, 22B New Leicester Hwy, Asheville 28806

**41st Gratitude Retreat.** January 9-12. Hilton Myrtle Beach Resort, 10000 Beach Club Drive, Myrtle Beach, SC 29572. For registration information, visit website: [www.gratituderetreat.com](http://www.gratituderetreat.com)

**40th Hilton Head Mid-Winter Conference.** January 24-26, 2020. The Westin Hilton Head Resort & Spa, 2 Grass Lawn Ave, Hilton Head Island, SC 29928. For more information, visit website: [www.hhconf.com](http://www.hhconf.com)

**49th Gulf Coast Roundup.** February 14-16, 2020. On the Gulf Coast of Okaloosa Island at "the Island" 1500 Miracle Strip Pkwy SE (Hwy 98E) Fort Walton Beach, FL 32548. For more information, visit website: [www.GulfCoastRoundup.com](http://www.GulfCoastRoundup.com)

**56th International Women's Conference.** February 20-23, 2020. JW Marriott Hotel, 10 S. West St, Indianapolis, IN 46204. For more information, visit website: [www.internationalwomensconference.org](http://www.internationalwomensconference.org)

**2020 International Convention.** July 2-5, 2020. Detroit, MI. Printed registration forms available at Central Office. For online registration, visit website: [www.aa.org](http://www.aa.org)

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

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

For 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: [https://www.aa.org/newsletters/en\\_US/en\\_box459\\_summer\\_2019.pdf](https://www.aa.org/newsletters/en_US/en_box459_summer_2019.pdf)

(Continued from front page)

## Central Office Board Positions Needed:

The following positions will be open as of the first of January 2020. Elections will take place at the November COR/Board meeting:

### Chairperson – a two-year term starting January 2020

- Shall preside at Central Office Board and COR General Committee meetings.
- Shall see that all decisions of the Committees are acted upon.
- Pursuant to specific authority given on occasion by the Committees may sign, and deliver contracts and other documents in the name of North Carolina Mountain Central Office Inc.
- With the recommendation and approval of the Central Office Board, shall call for eligible people to stand for positions and appoint chairpersons of standing and special subcommittees.
- May vote, bring motions, initiate and engage in discussion and debate at board meetings in accordance with Robert's Rules of Order for Small Groups (see "How Meetings Operate" at end of the bylaws).
- Shall perform all duties incident to the office of Chairman and other duties that may occasionally be assigned by the Committees.
- Shall have five years' continuous sobriety at the time of taking office.

### Secretary – a two-year term starting January 2020

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



### Mountain Doin's Editor:

- Has overall responsibility for the monthly Mountain Doin's newsletter. (Note: Most of the work gathering materials for the newsletter is done by the Office Manager; the editor puts it into the design format. Computer skills required; software expenses will be reimbursed.)
- Attends Board meetings as a voting member.
- Shall have at least three years' continuous sobriety at the time of taking office. Term of position is for 3 years.

### Webmaster

- Has responsibility for publishing and maintaining the Central Office website [www.aancmco.org](http://www.aancmco.org) in accordance with Central Office policies. (Note: Any expenses for software will be reimbursed.)
- Attends Board meetings as a voting member.
- Shall have at least three years' continuous sobriety at the time of taking office. Term of position is for 3 years.

### Trustee

The position of Trustee from District 71 is currently vacant (the former Trustee moved away this summer) and at the beginning of the year the position of Trustee from Districts 70 & 80 will be open. As specified in the Central Office Bylaws, ideally one District Trustee shall be elected by its respective district in each year of a three-year period. Three-year terms may be flexible based on the needs of each district. If you are interested in being the Trustee from your district, attend your respective General Service District meeting.

Here are the responsibilities of the Trustee:

- Shall provide general guidance of the overall operations of Central Office.
- Shall make recommendations to the CORs and the Central Office Board for improvements or changes.
- Shall be someone with long-term sobriety, with knowledgeable experience of A.A. Steps, Traditions, and Concepts, and has long-term involvement and commitment to A.A. service work.
- Shall attend both District and NCMCO Board and COR General Committee meetings, and report to each entity as liaison between the groups.



# ANNIVERSARIES

## Acceptance Group

Carl P.	10-09-2018	1 yr
Doré D.	10-15-1976	43 yrs
Noah D.	10-15-2016	3 yrs
Cliff	10-17-2011	8 yrs
Dan G.	10-23-1983	36 yrs
Steve C.	10-29-2018	1 yr

## AVL Women's Big Book Step Study

Linda K.	10-08-1988	31 yrs
----------	------------	--------

## At Wits End Group

Patrick A.	10-18-2005	14 yrs
Jennifer R.	10-19-2014	5 yrs
Ryan P.	10-31-2014	5 yrs

## Back to Basics Group - Weaverville

Mike M.	10-10-1998	21 yrs
Neva S.	10-19-2017	2 yrs
John S.	10-28-2013	6 yrs
Karl S.	10-28-2012	7 yrs
Glenn S.	10-31-2009	10 yrs

## Black Mountain Group

Matt W.	10-07-2017	2 yrs
Stephen L.	10-17-2016	3 yrs

## Brevard Serenity Group

Suzanne F.	10-01-2016	3 yrs
Michael S.	10-16-1991	28 yrs
Jane F.	10-22-2013	6 yrs

## Candlelight Group

Meghan A.	10-28-2015	4 yrs
-----------	------------	-------

## Candler K.I.S.S. Group

Sally G.	10-20-2010	9 yrs
----------	------------	-------

## Conscious Contact Group

Mike F.	10-07-2008	11 yrs
Skip P.	10-15-2016	3 yrs
Watson J.	10-17-1986	33 yrs
Mike H.	10-19-2009	10 yrs

## Cumberland Group

Brandon W.	10-02-2015	4 yrs
Scott A.	10-06-2014	5 yrs
Jonathan F.	10-26-2016	3 yrs

## Daily Decisions Group

Mark H.	10-09-2012	7 yrs
Marcia	10-30-2005	14 yrs
Cynthia B.	10-31-2018	1 yr

## Fellowship Group

Helen G.	10-11-2017	2 yrs
Joe E.	10-13-2017	2 yrs
Patricia S.	10-22-2006	13 yrs
Jennifer G.	10-26-2016	3 yrs

## Good Livers Group

Rebecca P.	10-01-2018	1 yr
Kathie D.	10-16-2018	1 yr
Kelly M.	10-20-2015	4 yrs

## Grace Group

Mica W.	10-02-2010	9 yrs
Doug H.	10-03-2014	5 yrs
Catherine H.	10-09-2014	5 yrs
Esaias J.	10-09-1992	27 yrs
Susan M.	10-10-2001	18 yrs
Vigilance D.	10-15-2016	3 yrs
Klay K.	10-15-2017	2 yrs
Joseph A.	10-17-2016	3 yrs
Barbara W.	10-19-2009	10 yrs
Elizabeth S.	10-21-2016	3 yrs
Bobby W.	10-23-2009	10 yrs
Katy D.	10-31-1982	37 yrs
Ronnie J.	10-31-1985	34 yrs

## Happy Hour Group

Frank R.	10-19-1979	40 yrs
Hugh A.	10-27-2012	7 yrs
Kathleen K.	10-31-2010	9 yrs

## Hendersonville Group

Catherine T.	10-06-2017	2 yrs
John S.	10-07-2001	18 yrs
Debbie M.	10-10-2003	16 yrs
Bob H.	10-16-2000	19 yrs
Ellie C.	10-17-2006	13 yrs
Sam T.	10-18-2017	2 yrs
John C.	10-21-1987	32 yrs
Curtis M.	10-22-2014	5 yrs
Katherine K.	10-31-2010	9 yrs

## Leicester Group

Trish G.	10-14-2017	2 yrs
----------	------------	-------

## Mars Hill Group

Don B.	10-17-1982	37 yrs
Karl S.	10-28-2012	7 yrs

## Marshal Group

Neva S.	10-19-2017	2 yrs
---------	------------	-------

## Midday Group

Sue N.	10-12-2018	1 yr
--------	------------	------

## Serenity Now Group

Rose W.	10-16-1995	24 yrs
---------	------------	--------

## Total Surrender Group

Kelly M.	10-19-2015	4 yrs
Todd B.	10-20-2018	1 yr
Kari W.	10-25-2015	4 yrs
Katy D.	10-31-1982	37 yrs
Paul C.	10-31-2013	6 yrs

## United with Hope Group

Frank R.	10-19-1979	40 yrs
----------	------------	--------

## Waynesville Grace Group

Charlie A.	10-02-1981	38 yrs
Heather W.	10-03-2017	2 yrs
Scott M.	10-03-2013	6 yrs
Tommy McE.	10-05-1982	37 yrs
Penelope	10-09-1988	31 yrs
Mike P.	10-10-1987	32 yrs
C.J. D.	10-15-1978	41 yrs
Ray S.	10-23-2009	10 yrs
Craig B.	10-24-2007	12 yrs

## Women of Grace Group

Kate G.	10-07-1978	41 yrs
Lisa W.	10-18-2006	13 yrs
Sandy F.	10-20-2012	7 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)

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





**OCTOBER 12, 11:00 AM – 2:00 PM**

# **Central Office / District 70, 71 & 80 Fall Picnic**

**Recreation Park Picnic Gazebo, WNC Nature Center,  
75 Gashes Creek Rd., Asheville 28805**

The picnic begins at 11 am, with a speaker meeting from 1:00 pm to 2:00 pm. Please come out and enjoy the food, fellowship, and fun!



**CENTRAL OFFICE /  
DISTRICT 70, 71 & 80  
FALL PICNIC**

**Hamburgers,  
hotdogs, veggie  
burgers, coffee,  
soda, water all  
provided!**

**Please bring a dish or  
dessert to share.**

**Come join us for  
food, fellowship,  
volleyball, and  
games!**

**Guest Speaker:  
Wallace B. from  
Sanford, NC**

**Please bring a chair  
if you can.**

**NORTH CAROLINA  
MOUNTAIN CENTRAL  
OFFICE**

**(828) 254 - 8539  
info@ncmco.net**

**www.aancmco.org**



# **Black Mountain Group 42<sup>st</sup> Anniversary Celebration**

**Thursday, October 24, 2019**

**Pot Luck Meal at 6:00pm**

Please bring something to share

**Speaker John G. at 7pm**

**Black Mountain United Methodist  
Church (in the fellowship hall)  
101 Church St. Black Mountain, NC  
28711**



# Area 51 Fall Committee & Assembly Meeting October 25-27, 2019

**THE HILTON RALEIGH NORTH HILLS**  
3415 Wake Forest Road, Raleigh, NC 27609

## ADVANCE HOTEL INFORMATION

**Deadline for Reservations:** Wednesday September 25, 2019

**Group Code:** AR51

**Group Name:** Area 51 General Service Fall Assembly

**Room Rates:** \$125.00 Single/Double, \$135.00 Triple, \$155.00 Quad

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

**Internet:** [www.northraleigh.hilton.com](http://www.northraleigh.hilton.com)

**Direct Reservation:**

[https://www.hilton.com/en/hi/groups/personalized/R/RDUNHHF-AR51-20191025/index.jhtml?WT.mc\\_id=POG](https://www.hilton.com/en/hi/groups/personalized/R/RDUNHHF-AR51-20191025/index.jhtml?WT.mc_id=POG)

**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. PLEASE MAKE YOUR RESERVATIONS EARLY!!!
- Specify the group code "AR51" and the group name "Area 51 General Service Fall Assembly"
- If possible, call the Hilton Raleigh North Hills directly at 919-872-2323 during business hours Monday through Friday. This will provide your 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, which should be more familiar with the Hilton Raleigh North Hills clients than the world-wide service center (1-800-HILTONS) would be.
- Be sure to get a confirmation number.
- If you have ANY trouble with Room Rate or Availability please contact Julie R., the Area Chair, at [chair@aanorthcarolina.org](mailto:chair@aanorthcarolina.org).
- **Thank you for your service and support of Area 51.**
- **See you at the Fall Committee and Assembly!**



# 5th Southern States Alcoholics Anonymous Service Assembly

**November 8-10, 2019**

Lake Junaluska Conference and Retreat Center  
Harrell Center  
Lake Junaluska, NC

**Co-Hosted by North Carolina Area 51 and South Carolina Area 62**

**Service Workshops \* Panel Discussions \* Shared Service Experience**

**Registration Fee for the Event:** Early Registration - \$25, After October 31, 2019 - \$30  
Register Online at [www.area62.org/SSAASA](http://www.area62.org/SSAASA) or complete the form below

**Meals and Lodging:** Reserve rooms online at [www.lakejunaluska.com](http://www.lakejunaluska.com), use event code 1815  
or call (800) 222-4930. Discounted rate available up to 2 days before/after event (*reserve by phone for additional nights*)

**Room Rates\*:** \$89 for Hillside Lodge, \$119 for Lambuth Inn, \$139 for Hotel Terrace *\*price does not include taxes/gratuity*  
Price is for single/double occupancy. Rates increase for 3 or more occupants per room.

**Meal plan \* :** 5 meal (Fri-Sun) - \$71.30, 3 meal (Sat-Sun) - \$44.85 *\*price includes taxes/gratuity*  
To guarantee availability, purchase optional meal plans in advance when making room reservation.

✂ .....

Name \_\_\_\_\_ Area # \_\_\_\_\_ Name on Badge \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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

Special Needs \_\_\_\_\_

**Service Experience:**

- GSR     DCM     Delegate     Chairperson     Secretary     Treasurer     Intergroup
- Treatment     Corrections     PI/CPC     Other \_\_\_\_\_

**I'd like to Volunteer** contact us [SSAASAFive@gmail.com](mailto:SSAASAFive@gmail.com)

# Registrations \_\_\_ x \$25 (\$30 after October 31, 2019) = \$ \_\_\_\_\_

Scholarship Contribution (help others attend SSAASA) \$ \_\_\_\_\_

**Total Enclosed** \$ \_\_\_\_\_

**Mail Completed Registration and Payment to:** SSAASA, PO 1368, Knightdale NC 27545

**For more info: Email** [SSAASAFive@gmail.com](mailto:SSAASAFive@gmail.com) or call **919-880-4026** (Elizabeth P) or **910-793-5895** (Kenneth C)





# AVL-12 Thanksgiving Potluck Dinner!

Come to Asheville 12 Step Recovery (22B New Leicester Highway, Asheville NC 28806) on Thursday, November 28 from 2:00 to 5:00 p.m. and give thanks for all that your higher power has given to you.

## FEATURING:

- Food, Food, and more Food!
- Bring something to share
- Speaker at 4:00 pm
- Cornhole (weather permitting)
- 50/50 Raffle
- Jellybean Jar Contest
- Music
- Fellowship
- Donations always welcome



2020

# Hilton Head Mid-Winter Conference

A New Freedom and a New Happiness



## AA & AL-ANON FELLOWSHIP

- Friday 8:30 p.m. ~ Victor V. (Springdale, AZ)
- Saturday 9:00 a.m. ~ Misoon W. (Sarasota, FL)
- Sat. 11:00 a.m. ~ Angie B. (Destin, FL) AFG
- Saturday 2:00 p.m.~AA Workshop "The Spiritual life is not a Theory"
- Saturday 2:00 p.m. AFG Workshop "If we willingly surrender"
- Saturday 4:00pm AFG Workshop "The Family Afterwards"
- Saturday 8:30 p.m. ~ Michael D. (Sioux Falls, ND)
- Sunday 10:00 a.m. ~ Diana M. (Largo, FL)

***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 24 – 26, 2020

Limited to 800 Registrations!!!

Pre-Registration is \$30.00 (will close midnight on 1/18/20)

On-Site Registration begins Friday, January 24<sup>th</sup>, 2020 @ 3:00p.m.

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

More information and Online Registration at [www.hhconf.com](http://www.hhconf.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
- AA Workshop
- Al-Anon Workshops & Luncheon
- Golf Tournament – 4 Person Scramble Played at the Port Royal Golf Club
- Southern Hospitality Room World-Famous, Homemade Cookies!
- GAME NIGHT Saturday night after the speaker

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*

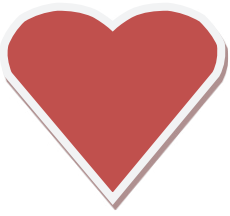
Banquet Tickets # \_\_\_\_\_ @ \$40 ea. = \$ \_\_\_\_\_

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***



# 49<sup>TH</sup> GULF COAST ROUNDUP

## February 14, 15, and 16, 2020



On the Gulf Coast of Okaloosa Island at **"The Island"** ([reservations@mainsailhotels.com](mailto:reservations@mainsailhotels.com))

1500 Miracle Strip Pkwy SE (Hwy 98E.), Fort Walton Beach, FL 32548, 850-243-9161 or 1-800-874-8962

**Hotel reservations must be made by Jan 7<sup>th</sup> to ensure these rates, and please state Gulf Coast Roundup.**

Standard \$89/night    Courtyard \$99/night    Poolside \$109/night    Gulf Front \$129/night ("Yes..it's only \$129..!!")

**Our website for updates: [www.GulfCoastRoundup.com](http://www.GulfCoastRoundup.com)    Send questions to [ChipBowdren54@gmail.com](mailto:ChipBowdren54@gmail.com)  
or Text them to 850-865-1660**

**Scheduled speakers:**

- 4:30 Fri: **Darby M. (AA) Destin/Toronto**
  - 8:00 Fri: **Bo T. (AlAnon) West Blockton, AL**
  - Right after our Speaker..”Movie Nite w/ Popcorn”**
  - 10:00 Sat: **Matt C. (AA) Nashville, TN**
  - 2:00 Sat: **Workshop: “to be announced”**
  - 4:00 Sat: **Tim H. (AA) Louisville, KY**
  - 8:00 Sat: **Roger H. (AA) Sanford, FL**
  - 9:40 Sat: **Terry Stokes..the Amazing Hypnotist...!!**
  - 9:30 Sun: **Cyndi M. (AA) Louisville, KY**
- VOICE: John Van E. (Montgomery, AL)**

You are invited to spend the weekend on the beach with us to enjoy the fellowship our roundup provides. Meeting Room holds 350 people on the 6<sup>th</sup> Floor of the **"The Island Resort."** This spectacular view also has the famous and very large hospitality area with plenty of tables and chairs, Food Items, snacks, coffee, and soft drinks, to accommodate fellowship between events. The beautiful Gulf Beach on the South...with the Choctawhatchee Bay to the North will be the backdrop for this wonderful conference...!! Enjoy Heated Swimming Pool and Exercise facility...(and yes...we have requested our famous Dolphins to appear again..!!)

**SATURDAY NITE SPECIAL SHOW FROM TERRY STOKES...THE HYPNOTIST...!!**

**Recordings of the entire conference and individual CD's will be available**

\$25 registration fee per person includes admission to all meetings and events. Alateens admission is free.

**PRE-REGISTRATION Payments by PayPal (go to website) or mail check...OR at the door with cash or check**

**Register at [www.GulfCoastRoundup.com](http://www.GulfCoastRoundup.com) or use form below**

**Gulf Coast Roundup – February 14-16, 2020 – Registration**

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Name(s) on Badge(s) \_\_\_\_\_

Make checks payable to: Gulf Coast Roundup

Mail to: **Martin Maitlin, 1 Brighton CT NE, FWB, FL 32547**



1. **Indy City Tour \$40**

**Thurs 3-5, Fri 11-1 or Sat 11—1**

This incredibly fun live narrated 75– minute tour will acquaint you with the many popular sights and local favorites that Indianapolis has to offer. As the Racing Capital of the World, you will be transported to the renowned Indianapolis Motor Speedway, Monument Circle, Massachusetts Avenue shopping district, the Kennedy-King Memorial and more. Aside from Washington D.C., Indy is home to more monuments and memorials than any other U.S. city.

2. **Cake Bake and Carmel City Center Shopping \$60**

**Fri 9:30 - 1:30 or 11 - 3, Sat 9:30 - 1:30 or 11 - 3**

Cake Bake is the fanciest little Parisian tea and cake shop in town! Owner Gwendolyn Rogers has been featured by Food Network and Oprah Winfrey's "O" List. Sip on imported tea from London while enjoying signature salad and afternoon delights. Experience a firsthand tour of the facility, followed by a famous signature slice of cake. Lastly, browse, shop or simply walk off your meal at the Carmel City Center Marketplace which offers unique independently operated shops. Limited to 24 women per tour. Transportation Provided.

3. **Bill W & Dr. Bob Play \$30**

**Friday 9—11:30 or 12:30—2:30**

You don't want to miss this live two-hour performance based on the inspiring true story of Bill Wilson and Dr. Bob Smith. Watch, learn and laugh as this adaptation comes to life telling the story of how AA began in Akron, OH in 1935 and changed the world forever. Two block walking distance for most but transportation included if needed.

**Bill W and Dr. Bob is presented by special arrangements with SAMUEL FRENCH, INC.**

*AA Disclaimer: With respect to the Traditions of AA, performance of this play does not imply affiliation with nor approval or endorsement from Alcoholics Anonymous World Services, Inc.*

56th IWC

1300 E 86th St, Suite 14 Box #291

Indianapolis, IN 46240



# 56th International Women's Conference

Indianapolis

February 20-23, 2020



JW Marriott Hotel

10 S West St

Indianapolis, IN 46204

317.860.5800