



**828-254-8539**

OFFICE HOURS  
TEMPORARILY  
SUSPENDED

Please email [info@ncmco.net](mailto:info@ncmco.net)  
with any questions

## We have a new Office Manager!

After interviewing four terrific applicants the NCMCO Board approved the choice of Ray S. to be the new Office Manager. We think he will serve the office well. We thank the other applicants who were all wonderful, dedicated members of AA. Ray will be overlapping with me for a couple of weeks before I step aside and leave Central Office in his capable hands. I expect I will still be involved in some service capacity (I don't let go easily!), but just not on a daily basis.

I want to thank everyone for the support I have received over the more than six and a half years that I have been Office Manager for NCMCO. I have learned a tremendous amount, tried my very best and leave with a deep sense of gratitude for the opportunity I was given and for all the experiences and interactions I have had with the AA community here in Western NC, with AA World Services in New York and with AA members and other Office Managers around the country. What an honor and a journey it has been!

In service,  
Pam

## Central Office Positions Filled and Still Open

We also have two other changes at Central Office. Hannah H. was approved to be the new Mountain Doin's Editor and Sarah Y., who has been the Editor for almost five years, was approved to be the new Webmaster for the Central Office website, taking over for Doug who set up the website and has maintained it for five years. We can't thank Sarah and Doug enough for their years of service and outstanding work!

The Central Office Board still has two service positions that need filling. Elections will be held for the service positions at the next COR/Board meeting on May 14. (See Service Express on page 5 for details.)

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

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### Alternate Chairperson

- Shall perform the duties of the Chairman when requested by the Chairman or in the case of his absence or inability to act, and shall preferably be interested in rotating to the Chairperson position if it becomes vacant.
- Shall perform other duties as occasionally assigned.
- Shall have at least five years continuous sobriety at the time of taking office
- Shall attend Central Office Board and General Committee meetings.

### Secretary

- 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 day 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.

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

	<u>Feb 20</u>	<u>Jan - Feb 20</u>
<b>Ordinary Income/Expense</b>		
Income		
Contributions		
Group Contributions	1,283.09	6,951.90
Individual Contributions	11.31	288.06
<b>Total Contributions</b>	<u>1,294.40</u>	<u>7,239.96</u>
Interest on Money Market	0.88	1.82
Sales Income		
Literature & merchandise	2,357.03	5,234.37
Shipping charged to groups	60.41	121.62
<b>Total Sales Income</b>	<u>2,417.44</u>	<u>5,355.99</u>
<b>Total Income</b>	<u>3,712.72</u>	<u>12,597.77</u>
Cost of Goods Sold		
Freight - vendor shipping	30.58	86.89
Literature & merchandise	1,981.14	4,297.79
Shipping to groups	60.41	120.92
<b>Total COGS</b>	<u>2,072.13</u>	<u>4,505.60</u>
<b>Gross Profit</b>	<u>1,640.59</u>	<u>8,092.17</u>
Expense		
Computer, Software, IT Asst	74.89	74.89
Copier Rental	184.03	345.95
Credit Card Processing	22.85	48.48
Office Expenses	0.00	30.00
Office Supplies	55.52	111.36
Payroll Expenses		
Gross Salary (Including Taxes)	1,360.00	3,237.63
Payroll Taxes (Company)	112.20	267.11
Processing (for Direct Deposit)	3.50	8.75
<b>Total Payroll Expenses</b>	<u>1,475.70</u>	<u>3,513.49</u>
QuickBooks Expenses		
Payroll Subscription - Annual	246.10	246.10
<b>Total QuickBooks Expenses</b>	<u>246.10</u>	<u>246.10</u>
Rent	567.00	1,134.00
Stamps/Postage	69.65	159.70
Telephone & Internet		
Office Telephone/Internet	158.52	317.04
<b>Total Telephone &amp; Internet</b>	<u>158.52</u>	<u>317.04</u>
<b>Total Expense</b>	<u>2,854.26</u>	<u>5,981.01</u>
<b>Net Ordinary Income</b>	<u>-1,213.67</u>	<u>2,111.16</u>
Other Income/Expense		
Other Income		
Bank Service Charge repayment	0.00	7.00
<b>Total Other Income</b>	<u>0.00</u>	<u>7.00</u>
Other Expense		
Bank Service Charges	0.00	7.00
Inventory Adjustment	-0.19	-2.37
<b>Total Other Expense</b>	<u>-0.19</u>	<u>4.63</u>
<b>Net Other Income</b>	<u>0.19</u>	<u>2.37</u>
<b>Net Income</b>	<u><u>-1,213.48</u></u>	<u><u>2,113.53</u></u>

## April Grapevine now available!

A blizzard couldn't stop this home group from plugging in the coffee. And one guy's very happy they did.



[AAGrapevine.org](http://AAGrapevine.org)

### Cash on Hand as of 2/29/2020:

Prudent Reserve (Money Market) \$11,077.08

Operating Account (Checking) \$16,402.85

Rent Deposit \$400.00

Petty Cash \$50.00

## Call & Visitor Log

*February 2020*



12 Step Calls - 2

General Info - 0

Family Help - 3

Meeting Info - 24

Central Office Business - 43

Medical/Detox - 0

Visitors - 67

Visits to aaNCMCO.org website:

Unique Visitors - 798

Number of Visits - 1,318

Pages Visited - 4,162



## The Birthday Plan: Contributions to G.S.O.

For many years, A.A. members have celebrated their sobriety by sending a contribution to the General Service Office. Your birthday (or anniversary) money helps to support G.S.O.'s services to members and groups throughout Canada and the U.S., to ensure that the A.A. message is carried around the world. The services that G.S.O. provides the A.A. groups cost more than \$6 per member per year. Members customarily contribute \$1, \$2 or even \$5 a year for each year of sobriety—others may give a penny or a nickel a day for each day of their sobriety. You may request these Birthday Contribution Envelopes (FR-5) from G.S.O., for yourself or for your group, at no charge. (Reprinted from Box 4-5-9 Vol. 62, No.1 / Spring 2016)

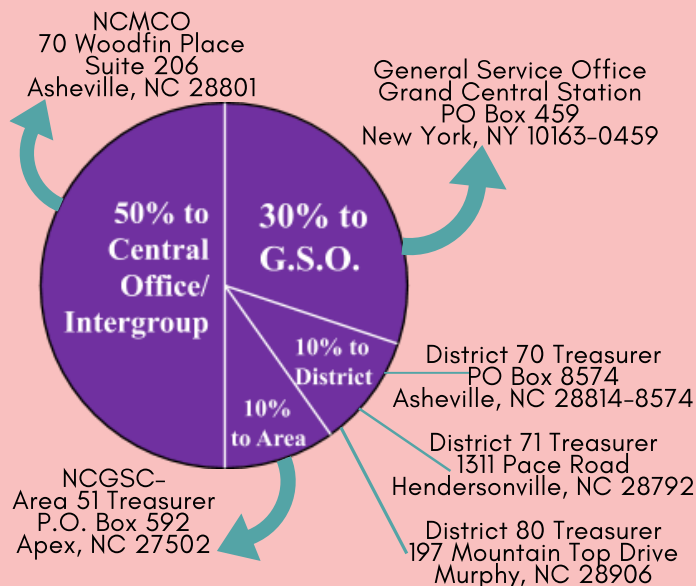
Birthday Contribution Envelopes are available for free at Central Office.

We also have envelopes for Birthday/Anniversary Contributions to the Central Office!

Email the Office to pick up envelopes for yourself or your group members. Or call us (828-254-8539) and we will mail envelopes to you. We thank all the A.A. members and groups who donate so generously!

### Suggestions & Addresses for sending Donations to the A.A. Service Structure\* Revised for 2019

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



Note: If you think there is a contribution missing from your group total, please let us know. We try our best to get donations listed correctly, but we do make mistakes sometimes and list a donation under the wrong group.

As always, we thank you all - AA groups and individual members - for your generous support!

# CONTRIBUTIONS

	Feb 2020	YTD
12 & 12 Study Group	\$0.00	\$50.00
As Bill Sees It Group	\$4.00	\$4.00
At Wit's End Group	\$0.00	\$58.24
Back to Basics Grp - Weaverville 147-139	\$150.00	\$150.00
Big Town Group 671-200	\$0.00	\$117.84
Candler KISS Group 163-148	\$0.00	\$35.00
Cashiers Valley Grp 122-589	\$0.00	\$257.77
Daily Decisions 643-869	\$238.69	\$238.69
Day by Day Group 159-058	\$0.00	\$302.16
Downtown Serenity Group 702-463	\$0.00	\$29.18
Early Bird Group 612-780	\$0.00	\$117.00
Fellowship Group 655-542	\$100.00	\$500.00
Grace Group 161-970	\$0.00	\$1,113.44
Great Fact Group - Waynesville	\$0.00	\$500.00
Hendersonville Men's Group	\$100.00	\$100.00
Last Chance Group - Men's First Step Farm	\$0.00	\$40.00
Library Group 672-283	\$99.00	\$99.00
Maggie Valley Group 158-950	\$0.00	\$67.55
Maple Grove Group 121-212	\$0.00	\$26.25
Marion AA Group 110-621	\$200.00	\$200.00
Mars Hill Group 130-895	\$0.00	\$52.00
Midday Grp (Hendersonville) 143-420	\$0.00	\$436.00
Mountain View Grp (Highlands) 110-598	\$0.00	\$166.54
Newland Serenity (Linville Mtg) 117-577	\$0.00	\$100.00
Recovery by the River 674-892	\$127.40	\$127.40
Rule 62 Group	\$0.00	\$168.00
Safe & Sound 645-654	\$0.00	\$228.72
Saturday Morning Men's Meeting	\$0.00	\$150.00
Serenity Service Group 110-498	\$50.00	\$100.00
Sober Sisters - Flat Rock	\$0.00	\$137.12
Sojourners'Home Group	\$0.00	\$40.00
Spiritual Fitness Group 720-419	\$0.00	\$56.00
Surrender Group - Black Mountain	\$150.00	\$150.00
The Meeting	\$50.00	\$50.00
The Principles Group 675-162	\$14.00	\$14.00
Waynesville Grace Group 110-692	\$0.00	\$680.00
Women of Courage Group	\$0.00	\$290.00

<b>Total Group Contributions:</b>	<b>\$1,283.09</b>	<b>\$6,951.90</b>
<b>Individual Contributions:</b>		
Anonymous	\$1.31	\$6.56
Gordie		\$11.50
Marty		\$250.00
In Memory of B.G.	\$10.00	\$20.00
<b>Total Individual Contributions:</b>	<b>\$11.31</b>	<b>\$11.31</b>
<b>Total Birthday Contributions:</b>	<b>\$0.00</b>	<b>\$0.00</b>
<b>Mountain Doin's Subscriptions</b>	<b>\$0.00</b>	<b>\$0.00</b>
<b>Grand Total</b>	<b>\$1,294.40</b>	<b>\$6,963.21</b>

## Meeting Updates

NOTE: There have been numerous meetings that have been temporarily suspended due to the coronavirus. Since it has been changing on a daily basis it is impossible to list all the ongoing updates here. Please visit the websites for the latest information and links to online meetings: [www.ashevilleaa.org](http://www.ashevilleaa.org) (for meetings in Districts 70 & 71, [aawnc80.com](http://aawnc80.com) (for meetings in District 80) or [www.aanCMCO.org](http://www.aanCMCO.org) (for meetings in all Western NC counties)

For the future - when meetings resume - here are a few meeting updates:

### **New Meetings:**

- Waynesville. Maple Grove Group - As Bill Sees It. Monday 7:00pm (O,AB) Maple Grove Methodist Church, Russ Ave, 1/2 mile south of Dellwood/Hwy 19, Waynesville 28786
- Asheville. The Grapevine Meeting. Monday 4:00pm (O,D,BG,c-f) Asheville 12 Step Club, 22-B New Leicester Hwy, Asheville 28806
- Asheville. Wharfrats AA Group. Tuesday 8:00pm (O,LS/D) Asheville 12 Step Club, 22-B New Leicester Hwy, Asheville 28806
- Asheville. Young Women's Meeting. Saturday 12:30pm (O,W,D) Asheville 12 Step Club, 22-B New Leicester Hwy, Asheville 28806
- Canton. Canton Beginners Meeting. Sunday 7:00pm (O,BG) Canton First United Methodist Church, 31 Newfound St (house next to church) Canton 28716

### **Meeting Changes:**

- Asheville. Lambda Group. (O,G,D) All meetings on Friday are now at 7:00pm. The 8:30pm meeting has been discontinued; the last Friday of the month is still an anniversary but at 7:00pm not 8:00pm as it was previously. All Soul's Episc. Ch, 9 Swan St, Biltmore Village, Asheville 28803
- Bethel/Canton. Bethel Up the River Group. Thursday. Time has changed back to 7:00pm (it was 6:00pm through the winter months). (C,D) Bethel Baptist Church, Rte 276 S, 5868 Pigeon Rd, Canton 28716

### **Discontinued Meetings:**

Asheville. BYOC - Bring Your Own Coffee. Friday 8:15am (W,C,SS) 1st Congregational Church, 20 Oak St, Room 105, Asheville 28801. Meeting was discontinued the end of January; the Wednesday 8:15am meeting (W,C,D) is still ongoing.

WHAT DO ALL THOSE LETTERS MEAN?

## MEETING CODES

All meetings are non-smoking unless otherwise indicated

AB	As Bill Sees It Discussion	GV	Grapevine
AG	Agnostics	HA	Handicap Accessible
AN	Anniversary	LS	Literature Study
BB	Big Book Study	M	Men's meeting
BBSS	Big Book Step Study	MT	Meditation
BG	Beginners	NC	No Children
C	Closed	O	Open to anyone
ccp	Child Care Provided	SL	Speaker Lead
c-f	Child-Friendly	SN	Spanish
D	Discussion	SP	Speaker
DR	Daily Reflections	SS	Step Study
ES	Eleventh Step	TR	Tradition Study
G	Gay	W	Women's meeting

## Special Meetings and Events

\*NOTE: Many events are being cancelled. For the latest updates please check the specific event websites or [www.aanCMCO.org/events/](http://www.aanCMCO.org/events/)

65th Anniversary Celebration of West Asheville Group. (CANCELED) Saturday April 4.

12th Annual Spring Fling Convention - A High Road to a New Freedom. April 24-26. Hilton St. Louis Airport, 10330 Natural Bridge Rd, St. Louis, MO 63134. 314-426-5500 (Mention "Spring Fling"; reserve before 3/20 for reduced room rate) For more information visit website: [www.springflingstl.com](http://www.springflingstl.com)

Fireside Circle Spring Gathering/Campout. May 7-10. Yogi in the Smokies Campground, Big Cove Road, Cherokee. For more information contact Herb: 828-506-8563 or email: [firesidecircle@yahoo.com](mailto:firesidecircle@yahoo.com)

Sponsorship Workshop - hosted by District 71 and Hendersonville Group. Saturday May 9, 11:00am-1:00pm. Panel discussion and "Ask-the-Basket" format. Please bring a snack or dish to share. 1624 Willow Rd (opposite Valley Hill Fire Dept.) Hendersonville 28739

Area 51 Spring Committee and Assembly Meeting. May 29-31. Hilton Raleigh North Hills, 3415 Wake Forest Rd, Raleigh 27609. For room reservation call: 919-872-2323 or 800-445-8667 (Group Code: "A51SA") For more information, visit website: [www.aanorthcarolina.org](http://www.aanorthcarolina.org) or email Area Chair: [chair@aanorthcarolina.org](mailto:chair@aanorthcarolina.org)

85th Founders' Day. June 12-14. Akron, OH - Birthplace of A.A. For information and registration form, visit website: [www.akronaa.org](http://www.akronaa.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)

73rd North Carolina State Convention. July 30-August 2. Hilton Raleigh North Hills, 3415 Wake Forest Rd, Raleigh 27609. For room reservation call: 919-872-2323 or 800-445-8667 (Group Code: "NCGSC") For more information, visit website: [www.aanconvention.com](http://www.aanconvention.com) or email: [aanconvention@gmail.com](mailto:aanconvention@gmail.com)

25th Annual Southeast Woman to Woman Conference - Miracles in Progress. August 21-23. DoubleTree by Hilton, Hotel Richmond - Midlothian, 1021 Koger Center Boulevard, Richmond, VA 23235. Reservations: 804-379-3800 (Group Code: "W2W") For more information visit website: [www.sewomantowoman.org](http://www.sewomantowoman.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:

# The Service Express

## **District 70:**

### **APRIL MEETING CANCELED**

*GSR Business Meeting* - Held the 2nd Sunday of the month 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: [ashevilleaa.org](http://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.

*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.

*The Buncombe County Detention Facility* has varying needs of support for meetings inside the jail.

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.

*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.

*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)

The next combined COR/NCMCO Board meeting will be Thursday, May 14, 6:00pm, 70 Woodfin Place, Suite 212 (just down the hall from Central Office), Asheville 28801. COR/Board meetings are held every other month on the odd-numbered months.

We still have a couple of Board positions to fill. Information about the duties and requirements are on page 1 of the newsletter and also posted on our website: [www.btgww.org](http://www.btgww.org). If you are interested in being of service please attend the COR/Board meeting on May 14. If you have any questions, call Central Office: 828-254-8539.

## **District 71:**

### **APRIL MEETING CANCELED**

*GSR Meeting* - Held on the 2nd Saturday of the month at 1624 Willow Rd, Hendersonville, 28739. The District Service Committees meet in conjunction with the GSR meeting.

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:**

### **APRIL MEETING CANCELED**

*GSR Meeting* - held quarterly 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**

### **APRIL MEETING CANCELED**

*Intergroup meeting* held quarterly 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!



## Nothing Held Back

*An old-timer shares about the freedom the Steps have given him and how he gets to pass them on*

I attended my first AA meeting in 1970. I went to meetings for five weeks or so, going to three to four meetings per week, just long enough to get back in the good graces of my wife. I would stay sober for a while and then go out again, often getting too drunk to remember driving home the night before. Seeing my car outside the window the next morning with no dents, created a false sense of security in me.

This pattern continued, until one day I got into a bad accident, one that was clearly my fault. I had been in many accidents that were fender benders, but nothing like this one.

I had heard about a psychiatrist who ran an alcoholism treatment center and I made an appointment to see him. He saw me three or four times before he told me I was too tricky and deceptive and that I needed hospitalization. I agreed to go because my fear of alcohol was causing much greater problems and even serious injury.

Then one day, I heard a man talk at an AA conference. He was the main speaker. He went through the Twelve Steps, explaining each Step and its importance. When he got to Step Four, he mentioned writing down our resentments, using the chart in "How It Works" in the Big Book, and he spoke about character defects such as dishonesty, false pride, greed, fear, anger, lust, self-pity, intolerance, sloth, gluttony and envy. He explained that it was very important to disclose all of our innermost secrets, holding nothing back. I eventually attended meetings with this man for many, many years. He died when he was 87 and had 61 years of continuous sobriety.

Because of learning in a clear and complete way that working the Steps on a regular basis is a solid way to build character while growing spiritually, I have now stayed sober for more than 40 years. Making amends to people harmed at any time in my life allowed me to create greater serenity and freedom from any serious selfishness or lack of appreciation in my life. I was taught to go to anyone I had harmed and say, "I apologize for any harm I've ever caused you."

The two amends that most stand out for me were both quite beneficial. For the first amend, I traveled 50 miles to a town in Iowa to apologize to my grade-school principal. He told me to let my heart rest easy, thanked me for coming all that distance and said how glad he was that I had become a fine person.

The second amend I made was to a relative by marriage. It was not easy. After I clearly and honestly made a sincere, humble apology, the person said, "Don't worry a thing about it. Some people are just like that." As I walked away, I truly wondered about the benefits to be obtained from such an amend. Several meetings with this person later on showed that she hadn't changed, but my reaction to her had changed. It was sort of a "live and let live" type thing.

Step Ten is still quite a challenge. Some days, I can actually believe certain conduct includes a continuing inventory of my treatment of others, but I find my efforts are not always consistent. I do practice MSS. Also known as Mouth Stay Shut - especially with my wife.

I learned to pray and meditate each day, usually two 20-minute periods where I say the Serenity Prayer and the Our Father, along with the Third and Seventh Step prayers. Next, I am relaxed and ready to meditate using a phrase or word that I repeat calmly. I go on with the process by repeating a particular word or phrase such as "truth" and "thy will be done" until I get tired of the repetition. I then sit quietly and let the benefits delivered from working all these Steps create peace of mind and satisfaction, a very calming process.

I pass on the benefits of these efforts to other AA members I sponsor. I also mention these benefits if the subject arises in meetings or in conversations with newcomers or men who have not done this kind of work. I am forever grateful to Bill W. for writing out our Twelve Steps, and for Dr. Silkworth and Ebby - and especially Dr. Bob - for giving Bill the direction needed to create AA's Twelve Steps.

Life is truly satisfying.



Steve M.  
Joliet, Ill.

(Reprinted from AA  
Grapevine, May 2018; ©  
A.A. Grapevine Inc.)

## **Need to order or pick up supplies for your group?**

Call (828) 254-8539 during business hours: Monday-Friday, 10:00am-1:00pm or email your order to: [info@ncmco.net](mailto:info@ncmco.net)

We'll be happy to arrange for pickup (by you!) or shipping.

## **NCMCO Internet Anonymity Policy**

The Office, guided by the latest version of "GSO Guidelines: Internet," shall 1) take reasonable and commonsense precautions and 2) employ discretionary practices that help protect but do not guarantee the online anonymity of A.A.s who may communicate and share information with NCMCO; and that NCMCO shall not share or publish any personally identifying information - full name, phone number, personal mailing address, personal email address, or personal website - a) in its correspondence, b) in the Mountain Doin's, or c) on its website.

Call: 828-254-8539 or write: [info@ncmco.net](mailto:info@ncmco.net) if you have questions.

## **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](mailto:info@ncmco.net)

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

*Let's Celebrate!*



# ANNIVERSARIES

## **3 Legacies Group**

Craig F. 4-26-2017 3 yrs

## **Acceptance Group**

Bobby K. 4-01-2017 3 yrs

## **At Wit's End Group**

Jon L. 4-22-2015 5 yrs  
Mat W. 4-23-2012 8 yrs  
Alex C. 4-24-2014 6 yrs  
Michelle B. 4-24-2005 15 yrs  
Katherine A. 4-28-2014 6 yrs

## **Back to Basics**

Perry B. 4-15-1996 24 yrs

## **Black Mountain Group**

Jack F. 4-04-1991 29 yrs  
Laura B. 4-04-1989 31 yrs

## **Brevard Serenity Group**

Sonia G. 4-02-2015 6 yrs  
David H. 4-22-2001 19 yrs  
Edie 4-24-2013 7 yrs  
Suzanne F. 4-30-2017 3 yrs

## **Burnsville Group**

Ila S. 4-07-2008 12 yrs  
Ocean S. 4-09-1971 49 yrs  
Jack L. 4-15-1980 40 yrs  
Harold H. 4-21-2001 19 yrs  
Jennifer 4-23-2015 5 yrs  
Linda 4-30-2008 12 yrs

## **Conscious Contact**

Kathleen O. 4-01-1992 28 yrs  
Susan A. 4-09-2017 3 yrs  
John H. 4-16-2017 3 yrs  
John G. 4-29-1980 40 yrs

## **Cumberland Group**

Pete B. 4-19-2005 15 yrs

## **Daily Decisions**

Brad D. 4-23-1990 30 yrs

## **Fellowship Group**

Eric M. 4-08-2004 16 yrs  
Ken W. 4-24-1990 30 yrs  
Aidaire T. 4-28-2018 2 yrs  
Patty B. 4-28-2012 8 yrs

## **Good Livers Group**

Jennings G. 4-01-2016 4 yrs  
Ray D. 4-01-1986 34 yrs  
Cathy E. 4-03-2011 9 yrs  
T.J. B. 4-04-1980 40 yrs  
Nikki M. 4-15-1989 31 yrs  
Teresa F. 4-17-2019 1 yr  
Zoe H. 4-20-1987 33 yrs  
Priscilla H. 4-30-1989 31 yrs

## **Grace Group**

Lissa T. 4-03-2019 1 yr  
Andrew M. 4-07-2017 3 yrs  
John B. 4-09-2018 2 yrs  
Frank T. 4-17-2011 9 yrs  
Andy W. 4-19-2019 1 yr  
Macy Y. 4-20-2019 1 yr  
Mary P. 4-20-2017 3 yrs  
Brian M. 4-22-1978 42 yrs  
Jonathan L. 4-22-2015 5 yrs  
Paula C. 4-26-2018 2 yrs  
Beth T. 4-30-1993 27 yrs

## **Happy Hour Group**

Lucy H. 4-15-1988 32 yrs  
Bettina McM. 4-20-2019 1 yr

## **Hendersonville Group**

Chet 4-01-1978 42 yrs  
Tabby D. 4-01-2019 1 yr

## **Hendersonville Men's Group**

Eric M. 4-08-2004 16 yrs

## **Leicester Group**

Bob F. 4-21-1983 37 yrs

## **Library Group**

Lucy B. 4-16-1985 35 yrs

## **Mars Hill Group**

Timothy W. 4-01-2018 2 yrs  
Frank T. 4-08-2007 13 yrs

## **Mission Group**

Tina A. 4-24-2016 4 yrs

## **Riverside - Last Chance Group**

Tommy L. 4-01-2009 11 yrs

## **Total Surrender Group**

Patrick M. 4-04-2014 6 yrs  
Mike M. 4-11-1979 41 yrs  
Roy S. 4-15-2007 13 yrs  
Steve H. 4-21-2017 3 yrs

## **Traditional Group**

Michael W. 4-08-2012 8 yrs  
Holly 4-19-2018 2 yrs

## **United with Hope Group**

Patty B. 4-28-2012 8 yrs

## **Waynesville Grace Group**

Jackie J. 4-07-1989 31 yrs  
Diane M. 4-11-2008 12 yrs  
Sue B. 4-14-2010 10 yrs  
Vicki M. 4-17-1981 39 yrs  
Jennifer L. 4-29-2015 5 yrs



## **Mountain Doin's Annual Subscription Info & Rates**

Groups receive one print copy per month, at no charge.  
Subscriptions for additional print copies may be picked up at  
Central Office or mailed.

	<b><u>Picked Up</u></b>	<b><u>Mailed</u></b>
1 extra copy each month (1+1)	\$6.00	\$12.00
extra copies each month (1+3)	\$8.00	\$21.00
5 extra copies each month (1+ 5)	\$10.00	\$28.00
10 extra copies each month (1+10)	\$18.00	\$40.00
15 extra copies each month (1+15)	\$25.00	\$68.00

Digital version via email FREE





# 12<sup>TH</sup> ANNUAL SPRING FLING CONVENTION

## “A High Road to a New Freedom”



### April 24 - 26, 2020

**Friday 6:00 p.m. BBQ & Washers**

**Friday 8:00 p.m.**

Brian P. – Dallas, TX

**Friday 10:00 p.m. Young Person Speaker**

**Saturday 10:00 a.m. Speaker Panel**

“We will know a new freedom and a new happiness”

**Saturday 12:00 p.m. Al-Anon Luncheon**

Stephanie B. – Granite Shoals, TX

**Saturday 3:00 p.m. Game & Activity**

Super Fun For All

**Saturday 6:30 p.m. Banquet**

**Saturday 8:00 p.m.**

Paul W. – Sunset Beach, CA

**DJ & Dance & Games after Banquet Speaker**

**Sunday 9:00 a.m. Breakfast**

Kate R. – Denver, CO

#### ACTIVITIES

##### FRIDAY

BBQ & Washer Games  
Young People’s Meeting  
Ice Cream Social  
Games

##### SATURDAY

Banquet  
Table Trivia  
DJ  
Dancing  
Music Games

Marathon Meetings  
All weekend long

### Hilton St. Louis Airport

Special Room Rate \$92

**MENTION SPRING FLING**

Reserve before 3/20/20 for reduced room rate

10330 Natural Bridge Rd

St. Louis, MO 63134

314-426-5500

See website for map

[www.springflingstl.com](http://www.springflingstl.com)

Spring Fling Chair – Dave B. 314-346-4279

Registration Chair – Missy P. 314-766-2303

[springflingconvention@yahoo.com](mailto:springflingconvention@yahoo.com)

### FREE PARKING

### PLEASE REGISTER EARLY!!!

PayPal Registration – [www.springflingstl.com](http://www.springflingstl.com) – Online Room Reservations

#### CONVENTION REGISTRATION FORM

Please complete and mail to Spring Fling Convention, PO Box 1916, St. Charles, MO 63302

Complete a separate form for each additional registration, which is REQUIRED FOR ADMITTANCE.

Make checks/money orders payable to Spring Fling Convention

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_ AA  Al-Anon

Entering information below gives permission to receive mailings and/or newsletters from the Spring Fling Only.

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

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

Pre-Registration or PayPal	\$15	_____
Door Registration	\$20	_____
Friday Night BBQ	\$9	_____
Friday Night Ice Cream Social	\$7	_____
Al-Anon Luncheon Saturday	\$25	_____
Banquet Saturday Night	\$35	_____
Sunday Breakfast Buffet	\$15	_____
Hospitality / Scholarship Donation		_____
Total Amount to be Paid		_____

Please list any special needs here: \_\_\_\_\_

Cut-off for mail-in registration is April 10, 2020

# Spring 2020 Carolina Women's Retreat

A Spiritual Retreat for Recovering Alcoholic Women [www.carolinawomensretreat.com](http://www.carolinawomensretreat.com)

**Dates** **May 1-3, 2020** Check-in begins @ 2pm on May 1st – at the Airnasium.  
**\*\*Early Arrivals will NOT be permitted to enter any campground facilities until completion of registration (liability waiver) per Camp Greenville. Please make travel plans accordingly.**

**Cost** **\$100.00 includes meals and lodging.** First meal is on Friday Evening.  
**Registration:** Registration *is limited to 80 and registration deadline is April 1, 2020*  
**Deadline:** April 1st is the last day to purchase a T-Shirt (see below) and to register.  
**Refunds:** Refunds are not available after April 1st, 2020. Please notify registration chair if you cannot attend as we may have a wait list.

**Facilities** Camp Greenville, Cedar Mountain, NC, a beautiful and rustic setting  
 Directions online at: [www.campgreenville.org/](http://www.campgreenville.org/)

**Cabins:** Climate-controlled cabins with bunk beds; modern bathrooms with sinks & private showers. **YOU MUST BRING YOUR OWN BEDDING, PILLOW, TOWEL SOAP, ETC.**

**Meals:** Buffet-style service complete with breakfast, lunch, and dinner. Vegetarian and GF options are also available upon request.

**Attendees:** Only Registered & Paid Guests (no exceptions). No Children or Pets. No Partial Pay for Partial Weekend Stay.

**Extras:** Earplugs, Flashlight, Umbrella, Coffee Mug, bug spray & comfortable shoes

**Telephone Number:** Camp Emergency #s: (864) 836-3291 and (864) 836-7031; note- very limited cell service

For registration questions or more information email [carolinawomensretreat@gmail.com](mailto:carolinawomensretreat@gmail.com)

To register visit [www.carolinawomensretreat.com](http://www.carolinawomensretreat.com) or complete the form below to register. We do have scholarships, which are by snail mail only, no electronic scholarship registration. Send check or money order \$100 (payable to Carolina Women's Retreat) to:

Amanda Roote  
 1079 Corbett Rd  
 Camden, SC 29020

----- **Forms May be copied as necessary** ----- **cut here** -----

Name:	<b>Information for Name Tag</b>
Address:	Name:
City:	City/State:
State/Zipcode:	Home Group:
Phone # ( )	
E-mail Address:	
Sobriety Date:	

**Special Requests: (Check if Needed)** \_\_\_\_\_ GF/Vegetarian \_\_\_\_\_ Physical Disability Assistance



**50/50 Cotton Blend T Shirt: \$25 each Small/Med/Large/XLarge Add \$2 for XXL or XXXL sizes**

1 Shirt Circle: Small Medium Large XLarge XXL(+ \$2) XXXL (+ \$2) \_\_\_\_\_ total shirt cost  
 \_\_\_\_\_ registration cost  
 \_\_\_\_\_ total enclosed

**RETREAT SCHOLARSHIP INFORMATION:**

The cost of scholarship is \$35. Scholarships are for women with less than one year of sobriety that have a financial need. They may be used once per lifetime. The scholarship recipient must have a "retreat sponsor" who attends the retreat. Requirements for retreat sponsor: six months sobriety, and must have attended the retreat at least once. One retreat sponsor and spousee per scholarship.

[www.carolinawomensretreat.com](http://www.carolinawomensretreat.com)

# **Area 51 Spring Committee & Assembly Meeting May 29-31, 2020**

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

## **ADVANCE HOTEL INFORMATION**

**Deadline for Reservations: Monday May 4, 2020**

**Group Code: A51SA**

**Group Name: Area 51, General Service Spring Assembly**

**Room Rates: \$127.00 Single/Double**

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

**Internet: Link for direct reservations: <https://tinyurl.com/y3rfkodv>**

**Internet: Link for hotel information: <https://tinyurl.com/y5elxn9t>**

### **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 "A51SA" and the group name "Area 51 General Service Spring Assembly."
- If possible, call the Hilton Raleigh North Hills 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](mailto:chair@aanorthcarolina.org).

**Thank you for your service and support of Area 51. See you at the  
Spring 2020 Committee and Assembly!**

# Why Staying at Our Host Hotel is Important

## A Message from the Area 51 Chair

Fall 2019

The hotels that host Area 51 events typically charge for meeting space based on how many guest rooms our attendees occupy. For every Assembly, Committee Meeting and Convention, Area 51 has a contract that specifies the number of guest rooms the hotel will “block” for our use. If we fill at least 85% of our room block, our meeting space is *free*. Otherwise, we are charged on a sliding scale according to how far short of the 85% mark we fall.

Free meeting space is what Area 51 budgets and what we usually achieve. However, more than once we have come up short and paid a steep price. Through the Fall of 2020 our Assemblies are under contract with the Hilton Raleigh North Hills in Raleigh. The chart below shows the meeting space charges we could incur for each event if we fail to meet our room block. <sup>1</sup>

Event	Room Block <sup>2</sup>	Sliding Scale of Meeting Space Charges Based on % of Room Block Filled				
		85-100% <sup>❖</sup>	75-84%	65-74%	55-64%	< 55%
Assembly (Raleigh)	277	\$0	\$4500	\$5800	\$7500	\$10500

<sup>1</sup> To date, we have never filled less than 75% of our block.

<sup>2</sup> Expressed as “room nights”. A room night is one night’s stay in one room. For example, 31 rooms booked for 2 nights each would yield 62 room nights.

Area 51 makes every effort to negotiate the most favorable room rates possible. But budget hotels don’t have the kind of meeting space we require, and as the chart above shows, meeting space in higher-end hotels is expensive. The willingness of individuals to attend Area events and to book their rooms at our host hotel is essential in making Area events affordable at all.

So please attend the Area events you can, and stay at the host hotel using the group code and name whenever possible. Though rooms there may be more expensive than at nearby budget hotels, please consider the additional cost as a contribution to Area 51—a small sacrifice for our “common welfare,” which really must come first if we are to continue meeting and working together to fulfill our Primary Purpose as an Area.

**“I am responsible...When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.”**

**Thank you for your service in Area 51!**



**District 71**

**and**

**The Hendersonville Group of Alcoholics Anonymous**

**will be hosting a**

## **Sponsorship Workshop**

**Saturday, May 9, 2020**

**11:00 – 1:00 pm**

**Located at 1624 Willow Road, Hendersonville, NC**

There will be a "Panel Discussion" and an  
"Ask the Basket" format

*Bring a snack or dish to share*



**Sponsorship pamphlets will be provided**



# SPRING GATHERING



**STRENGTH**

**KINDNESS**

**HONESTY**

**SHARING**



# CAMP OUT

**May 7-10, 2020**

**YOGI in the SMOKIES CAMPGROUND  
BIG COVE ROAD, CHEROKEE, NC**

Bring your CHAIRS, CAMPING GEAR, WARM CLOTHES & BLANKETS,  
SPONSOR/ SPONSEES.....and your POW WOW REGALIA..!

Contact: Herb W. at 828-506-8563 or [firesidecircle@yahoo.com](mailto:firesidecircle@yahoo.com)

Registration begins Thursday after the Sacred Fire is lit!

NO PETS in Food Serving/Eating Area, Pow Wow, or Sacred Fire Area

**NO PETS AT TENT SITES**

~AA/Al-Anon Speakers~  
~Talking Circles~Native Teachings~  
~Meetings, Meetings, Meetings~  
~T-shirts/Sweatshirts~  
~SOBRIETY Pow Wow~  
~Sobriety Countdown~  
"MUCH MORE"

**PRE-REGISTRATION: \$45 per PERSON** (kids under 10 are FREE, 11-12y/o \$15 and 13-18 \$20) \$50 at the Gate.  
**Price includes food & tent/camper site for three (3) nights** Early Registration ends May 1, 2020

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

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

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

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

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

Cut & Mail Registration Form by May 1st  
With Checks Made Payable to: Fireside Spring 2020

**FIRESIDE CIRCLE  
C/O Herb Wachacha  
PO Box 2015  
Cherokee, NC 28719**

# Oak Island Lighthouse Retreat



## 25th Anniversary!

### May 8, 9, 10, 2020

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

Register and Pay Online at [www.lighthouse-retreat.com](http://www.lighthouse-retreat.com)

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

**Overnight Registration • \$189.00 per person • Double Occupancy Only**  
**Includes 5 meals • 3 AA Speaker meetings**  
**Al-Anon Speaker meeting • All other meetings • Ice Cream Social**

Speakers: Tom K., Haymarket, VA - AA (Friday pm) • Katherine M., Charlotte, NC - AFG (Saturday am)  
 Billy N., Buford, GA - AA (Saturday pm) • Katy P., Mooresville, NC - AA (Sunday am)

After April 15, 2020 Late registration/room call Pat N. 804.921.3895 • 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      Name 2 \_\_\_\_\_ M F

Address \_\_\_\_\_      Address \_\_\_\_\_

City \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_      City \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_      Phone \_\_\_\_\_

Email \_\_\_\_\_      Email \_\_\_\_\_

Name Tag: \_\_\_\_\_      Name Tag: \_\_\_\_\_

Special Request: (Roommate, 1<sup>st</sup> floor, etc.)      Special Request: (Roommate, 1<sup>st</sup> floor, etc.)

Registration Type	# Persons	\$\$ Amt
Overnight: \$189 per person OR \$95 Deposit p.p. OR		
Day Registration: \$35 per person		
<b>Total Enclosed:</b>		

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.



# Founders' Day Herald

85th Anniversary of Alcoholics Anonymous  
June 12, 13, & 14, 2020 | Akron, Ohio | Birthplace of A.A.

P.O. Box 12  
AKRON, OHIO 44309-0012

**NON PROFIT  
US POSTAGE PAID  
CLEVELAND OH  
PERMIT #498**

# CLUBBING

NAME BADGES & RIBBONS MUST BE WORN AT ALL TIMES WHILE ON THE UNIVERSITY CAMPUS

## FRIDAY ACTIVITIES

- A.A. 12 Step Panel • 10:00 a.m. - 10:00 p.m.**  
Discussion of One Step Per Hour  
Chaired by: Kevin G.
- A.A. Early Bird Meeting • 3:00 p.m.**  
Rocco P. - Youngstown, OH  
"Every Day I Wake Up With Alcoholism, and I Gotta Do Something About It!"  
Chaired by: Mary K.
- Reunión en Español • 5:00 p.m.**  
Presentado por el Grupo "Fe Y Esperanza" de Cleveland, OH  
**Actors Guild Play • 5:00 p.m. & 8:00 p.m.**  
"Love and Tolerance"  
A.A. Speaker Meeting\* • 7:00 p.m.  
Jeff V. - Fargo, ND  
"Happy, Joyous and Free"  
Chaired by: Aaron K.
- A.A. Speaker Meeting\* • 9:00 p.m.**  
Jay A. - Toronto, Canada  
"Optimistic"  
Chaired by: Matt H.
- Junta en Español • 9:00 p.m. - 11:00 p.m.**  
A.A. Alkathon • 11:00 p.m. - 2:00 a.m.

## SATURDAY ACTIVITIES

- Bus Tours of Historic A.A. Sites**  
9:00 a.m. - 4:00 p.m.  
2 buses continuously - Bircoe Circle
- A.A. Archives**  
Located in Akron Intergroup Office (Stop on bus tour)
- The 12 Traditions • 9:00 a.m.**  
Gail L. & Harmon V.  
Why It Works  
Chaired by: Juanita W.
- Reunión en Español • 11:00 a.m. - 1:00 p.m.**  
Presentado por el Grupo "He, Una Solución" de Palmetto, FL  
**A.A. Old Timers' Panel\* • 10:30 a.m.**  
Topic: "Things My Sponsor Taught Me"  
Bill W. - Cleveland, OH  
Mike H. - Stow, OH  
Joe L. - Edmond, OK  
Chaired by: Woody W.

## AL-ANON

- Actors Guild Play • 12:00 p.m. & 2:30 p.m.**  
"Love and Tolerance"  
**A.A. & Al-Anon Speaker Meeting\* • 12:00 p.m.**  
Cill and Lori G. - Oklahoma City, OK  
E.J. Thomas Hall  
Chaired by: Dan C.
- A.A. Speaker Meeting\* • 2:00 p.m.**  
Dick D. - Hamilton, ON  
"Ain't It Great To Be Sober"  
Chaired by: Matt H.
- The History of Our Big Book • 4:00 p.m.**  
Presented by: Gail L. - The Villages, FL  
Chaired by: Mary K.
- A.A. Speaker Meeting\* • 8:00 p.m.**  
Chris R. - Ingram, TX  
"Haven't Seen It, But I Bet You Did Good"  
UA Introsion Stadium  
Chaired by: Jeff C.

## SUNDAY ACTIVITIES

- MOTORCADE TO DR. BOB'S GRAVE\***  
7:30 a.m.  
Motorcycle procession and graveside memorial tribute to Dr. Bob & Anne S.  
Speaker: Harmon V. and Dolly A.  
Chaired by: Aaron K.
- A.A. Spiritual Panel Meeting • 9:00 a.m.**  
Topic: "So Freely Given, So Freely Give."  
Pass It On  
Angela H. - Akron, OH  
Tim B. - Pittsburgh, PA  
Chiel J. - Akron, OH  
Chaired by: Juanita W.
- A.A. Closing Speaker Meeting\***  
10:30 a.m.  
Ornd M. - Louisville, KY  
"The Spiritual Life is Not A Theory, We Have To Live It"  
Chaired by: Nick B.

## AL-ANON SATURDAY ACTIVITIES

- Marathon Al-Anon Meeting**  
3:00 p.m. - 7:00 p.m.  
Come Share Your Experience, Strength and Hope!  
Chaired by: Dan C., Irena, Amber
- Coffee With Lois • 9:30 a.m.**  
With Maura D. and Sheila J.  
Chaired by: Dana H.
- A.A. & Al-Anon Speaker Meeting\* • 12:00 p.m.**  
Cill and Lori G. - Oklahoma City, OK  
E.J. Thomas Hall  
Chaired by: Dan C.
- Al-Anon Band • 2:00 p.m.**  
Chris M. and the 12 Steppers  
Performing the 12 Steps to Music
- Aleaton • 8:30 p.m.**

## REGISTRATION

- UA STUDENT UNION CREDIT CARDS ACCEPTED!**  
Friday 8:00 a.m. - 10:00 p.m.  
Saturday 8:00 a.m. - 6:00 p.m.  
Registrations must be picked up by 6:00 p.m. Saturday - **NO EXCEPTIONS!**  
Package Plans must be picked up at designated dormitories. Check confirmation letter or e-mail.
- Coffee & Fellowship Room**  
Student Union
- A.A. Literature Sales**  
Friday 8:00 a.m. - 8:00 p.m.  
Saturday 8:00 a.m. - 5:00 p.m.  
**CREDIT CARDS ACCEPTED!**
- \*A.S.L. INTERPRETER**

NO BASIC REGISTRATION REFUND.  
\$30.00 FEE FOR ALL PACKAGE PLAN CANCELLATIONS!

FOUNDERS' DAY IS A SERVICE OF THE AKRON AREA INTERGROUP COUNCIL OF A.A.  
Name badges & ribbons must be worn for admittance to all meetings - NO EXCEPTIONS!





# 85th Anniversary of Alcoholics Anonymous

June 12, 13, & 14, 2020 | Akron, Ohio | Birthplace of A.A.

Please treat each meeting at Founders' Day as your own home group.

## ABSOLUTES

All pre-registration packets must be picked up by 6:00 p.m. Saturday. **NO EXCEPTIONS!** Registration opens 8:00 a.m. Friday and Saturday. Picture I.D. is required.

2020 Name badges & namobans must be worn ON CAMPUS and for admittance to all meetings. **NO EXCEPTIONS!**

All rooms, buildings, and stadium at The University of Akron are non-smoking. **NO VAPORING CIGARETTES** permitted in ANY building.

Handicapped parking will be strictly enforced. University police will ticket and tow all unauthorized vehicles parking in handicap spaces. Violators will incur a fine of \$250.

No animals or campfires allowed in RV area. **NO ANIMALS ON CAMPUS. POLICE WILL ENFORCE.**

NO hover boards, skateboards, or roller blades permitted on campus.

No motorcycles allowed on the grass.

No beach balls at any meeting.

The Sunday morning motorcade to Dr. Bob's grave site is a conference event and as such, you must be registered to participate.

Credit cards will now be accepted for both onsite registration and in the literature room.

## SPECIAL NEEDS

All meetings are wheelchair accessible.

Please contact the Founders' Day Committee with any special needs by May 15, 2020.

## ACCOMMODATIONS

No incoming calls accepted at dorms.

No entry to RV sites until 8:00 a.m. on Friday morning. A permit is required prior to set-up. No camping tents allowed.

**FOR THE SATURDAY NIGHT BIG MEETING, WE WILL ALL BE UNITED TOGETHER ON THE WEST SIDE ONLY IN THE UNIVERSITY OF AKRON INFOCISION STADIUM. STADIUM WEATHER CONTINGENCY PLAN - SEE WEB SITE. NO BEACH BALLS! THIS IS AN OPEN AIR STADIUM SO PREPARE ACCORDINGLY.**

**NO REFUNDS FOR BASIC REGISTRATION. \$30.00 FEE FOR ALL PACKAGE PLAN CANCELLATIONS!**

## Founders' Day 2020 Registration Form | online at [www.akronaa.org](http://www.akronaa.org)

Everyone must be registered, including children. All registrations must be postmarked by May 15, 2020. **NO EXCEPTIONS!**

Name (please print clearly) \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_  
 E-mail address\* \_\_\_\_\_

\*If you provide an e-mail address, you will get confirmation via e-mail only!

Registration closes at 6:00 pm Saturday, **NO EXCEPTIONS!**

Registration \$30 x QTY = \$ \_\_\_\_\_ TOTAL

(Registration will be \$30 on site conference weekend)

**MUST** have a picture I.D. for pickup.

**Package Plan A \$250 = \$ ONE ONLY**

Sex: M  F

Includes admission to all meetings, meals, room, registration and bus tour.

Report directly to designated dormitory to pick up weekend package and room key.

All rooms and buildings at the university are non-smoking.

**Package Plan B \$175 = \$ ONE ONLY**

Sex: M  F

Includes all items in Package Plan A *except* meals.

Rooming with: \_\_\_\_\_

## MEALS

## QTY TOTAL

### SATURDAY

Breakfast \$15 x \_\_\_\_\_ = \$ \_\_\_\_\_

Lunch \$20 x \_\_\_\_\_ = \$ \_\_\_\_\_

Dinner \$28 x \_\_\_\_\_ = \$ \_\_\_\_\_

Breakfast \$15 x \_\_\_\_\_ = \$ \_\_\_\_\_

### SUNDAY

Breakfast \$15 x \_\_\_\_\_ = \$ \_\_\_\_\_

### SPECIAL DIETARY NEEDS —

Diabetic  Vegan  Vegetarian  Gluten-Free

### MOTORHOME/SITE FEES

RV Site Tag \$40 x \_\_\_\_\_ = \$ \_\_\_\_\_  
(no hook-ups available) per site/whole weekend

**NO TENT CAMPING!**  
 Each RV must have a **Site Tag** to set up.  
**ABSOLUTELY NO PETS OR FIRES!**

REGISTRATION TOTAL \$ \_\_\_\_\_

**PAYMENTS MUST BE IN U.S. DOLLARS ONLY. MAKE CHECKS / MONEY ORDERS PAYABLE TO:**

Akron Intergroup  
 PO Box 12  
 Akron, OH 44309-0012

REFUNDS requested in writing only by mail or email and postmarked / received prior to June 1, 2020. [treasurerfd@akronaa.org](mailto:treasurerfd@akronaa.org)

**PAYMENT METHODS FOR MAIL IN REGISTRATION:**

CHECK  MONEY ORDER

All Credit Card payments must be made online at [www.akronaa.org](http://www.akronaa.org). Click on the Founders' Day link and follow the instructions.

**NO REFUNDS FOR BASIC REGISTRATION. \$30.00 FEE FOR ALL PACKAGE PLAN CANCELLATIONS!**



# 73<sup>RD</sup> North Carolina State Convention

July 30-August 2, 2020

Hilton Raleigh North Hills  
3415 Wake Forest Road • Raleigh, NC 27609



Register NOW to Support Your Convention!

## Convention Pre-Registration \$20.00 per person

Pre-registration rate available until June 30, 2020, \$25.00 per person June 30, 2020 and after.  
*Al-Anons 18 & under - No charge but must register. • No Refunds after June 30, 2020*

### Speakers

**THURSDAY 8:30 PM**

Angie M, Tobaccoville, NC

**FRIDAY, 8:00 PM**

Doug M, Canton GA

**SATURDAY 9:30 AM**

Nick P, Pittsburgh, PA ▲

**SATURDAY 2:30 PM**

Amy D, Louisville KY

**SATURDAY 8:00 PM**

Butch M, Barrie, Ontario Canada

**SUNDAY 8:30 AM**

God as I Understand Him  
(5 peoples' experience)

**SUNDAY 10:00 AM**

Amanda B, Montgomery AL

### Workshops

- Friday 10:30 am
- Saturday 4:00 pm

#### And more...

- ★ 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

Register online at [www.aanconvention.com](http://www.aanconvention.com)

For more information or for problems with hotel reservations, please contact:  
Beth R. (704) 941-1220 or Alana E. (980) 230-9333  
OR Email: [aanconvention@gmail.com](mailto:aanconvention@gmail.com)

## Hotel Reservations

Mention Group Code: NCGSC

Single & Double: \$127 + tax

Triple: \$127 + tax

Quad: \$127 + tax

**Phone: (919) 872-2323**

Ask for NC State Convention and/or group code "NCGSC" to make reservations.

#### Online:

[www.NorthRaleigh.Hilton.com](http://www.NorthRaleigh.Hilton.com)  
enter group code "NCGSC" where prompted.

#### Don't wait!...

Hotel cut-off for  
Conference rate:  
June 30, 2020



## 73<sup>RD</sup> North Carolina State Convention

Fill out and mail this form or register online at [www.aanconvention.com](http://www.aanconvention.com)

Consider buying a sponsorship for those less fortunate

\$20.00 Special Rate before June 30, 2020  
June 30 and after \$25.00  
*Al-Anons 18 & under: No charge but must register.*

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

Name \_\_\_\_\_

Please print legibly

Address \_\_\_\_\_

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

Email \_\_\_\_\_

Telephone (\_\_\_\_\_) \_\_\_\_\_

Name(s) for badge(s) \_\_\_\_\_

Please print

♿ Do you have accessibility needs? \_\_\_\_\_

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:

