

Mountain Doin's

JANUARY
2022

828-254-8539
Central Office is still staffed
Monday-Friday - 10am-1pm
but not currently open to visitors.
Call or email if you have
any questions.
info@ncmco.net



99 Problems

By: Stu C. - Sierra Vista, AZ

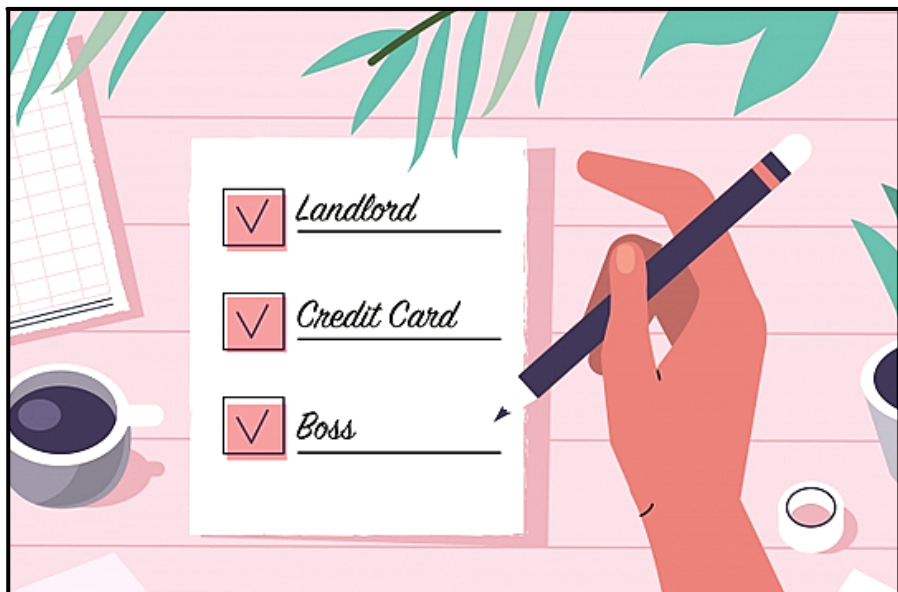
How was he ever going to get his life in shape and these people off his back? Luckily, his sponsor had a plan.

I was new to AA and beginning to work the Steps with my sponsor, Don. We were sitting in the church where our meeting is held. At that time, my teaching job was up for grabs because I had been arrested again. "Don, I have some serious problems," I told him. "And they're driving me nuts."

"Well raise the rent and kick them out of your head," he said. "Write down your problems on a piece of paper." Don slid paper and pencil my way, and I started scribbling: 1) the IRS caught me with two sets of books for my business; 2) I owe a fortune on my credit cards; 3) I may have a warrant out for my arrest; 4) my teaching job is in jeopardy; 5) I got a second eviction notice for not paying my rent.

I pushed the list across the table to Don. He read them and looked up and smiled. I didn't think there was anything to smile about. Don asked, "If you had just one of these problems, could you handle it?" My response was quick: "Any dummy can handle one problem."

Just then, Don tore off the IRS item and handed it to me. "Here dummy," he said, "do you know a tax man? If not, find one, call him tomorrow. Explain to him your one problem."



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So I did as I was told. My tax attorney handled it. The IRS didn't want to throw me in jail. They wanted their \$10,000. The friendly IRS lady worked out a payment plan with me.

The following week Don and I sat down with my list. "Can you handle just one problem?" he asked. "Any dummy can handle one problem," I answered. Don pointed to the credit card debt. "Oh, I'm going to call a bankruptcy lawyer," I said. Don looked up and asked, "Who ran up that debt?" "I did," I answered, "drinking and gambling mostly."

"So you're going to pay it off," he said. "Forget the attorney. They already have enough of your money. Call each credit card company. Work out a repayment plan." So I called. They worked out a plan. I've never declared bankruptcy.


Same church, different pew, the following week. I was grinning at Don from across the table. "I've already called the police department," I told him. "No warrant. And I worked out a payment plan at the apartment complex." Then I added, "I got it—it's one problem at a time." Don smiled and nodded. "You're learning," he said.

(continued on page 5)

January Grapevine now available!



This month's featured section is for "Beginners." Members start the year sharing about the tools and suggestions that helped them when they were new in AA.


<https://www.aagrapevine.org/> 

FREE! AA Grapevine's Podcast



Each week long-time AA members Don and Sam will interview a different member about their experience, strength and hope, in a casual "meeting after the meeting" manner. Funny, poignant, and always inspiring conversations about getting sober and staying sober in Alcoholics Anonymous. A new podcast episode will be available in English every Monday at 9:00 am EST.

There was even a recent show featuring a member of Asheville's very own Wharf Rats Group!
Episode 8 – November 22:
<https://player.captivate.fm/episode/5e2c16d4-eb49-43d3-bff1-2aaf3f88d114>

Available for free wherever you listen to podcast or you can also find it on our website, at www.aagrapevine.org/podcast. 



How ARE we "Self-Supporting?"

Suggestions & Addresses for sending donations to the A.A. Service structure*

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

NOTE: New address as of December 2021 for sending contributions to GSO

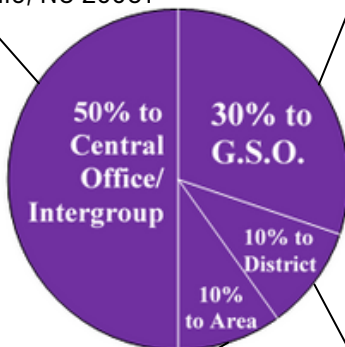
(see letter from GSO at the end of the newsletter for explanation)

NCMCO

70 Woodfin Place
Suite 206
Asheville, NC 28801

General Service Office

Post Office Box 2407
James A Farley Station
New York, NY 10116-2407



District 70 Treasurer

PO Box 8574
Asheville, NC 28814-8574

District 71 Treasurer

PO Box 202
Hendersonville, NC 28793

District 80 Treasurer

197 Mountain Top Drive
Murphy, NC 28906

NCGSC – Area 51

Treasurer
P.O. Box 7337
Kill Devil Hills, NC 27948

Call & Visitor Log November 2021

12 Step Calls – 12
General Info – 5
Family Help – 2
Meeting Info – 42
Central Office Business – 49
Medical/Detox – 0
Visitors – 0
Answering Service – 0
After-hours Volunteers – 36 calls



Visits to aaNCMCO.org website:
Unique Visitors – 890
Total Visits – 1,648; Visits/Visitor – 1.85
Total Pages – 16,695; Pages/Visit – 10.13



COR/NCMCO Board Meeting

COR/Board meetings are held every other month on the odd-numbered months.

All the open positions were filled at the November meeting! We welcome the following new Board members: Patrick A, Chair; Carol N, Alt-Chair; Alison, Secretary; Pam C, Newsletter Editor. Many thanks to outgoing Chair Jimmy L and Secretary Pam C.

The next combined meeting will be Thursday, **January 13, 6:00pm**. It will again be via Zoom. All AA members are welcome to attend but only Group CORs may vote. In January we will be approving the NCMCO budget for 2022.

For updated meeting information and Zoom link, check the website: <https://aancmco.org/index.php/events/>



Where to Find Meetings

Printable In-person Meeting Guide



Meetings in all 3 Districts



Meetings in District 70



Meetings in District 71



Meetings in District 80



Cash on Hand as of 11/30/2021

Prudent Reserve -
\$11,096.49

Operating Account -
\$24,253.63

Rent Deposit - \$400.00
Petty Cash - \$50.00

Profit & Loss YTD

	Nov 2021	Jan - Nov, 2021 (YTD)
Income		
Contributions		
Birthday Contributions		\$442.87
Group Contributions	\$1,719.28	\$29,553.91
Individual Contributions	\$218.79	\$4,264.89
Total Contributions	\$1,938.07	\$34,261.67
Interest on Money Market	\$0.91	\$10.13
Sales Income		
Literature & merchandise	\$1,721.62	\$15,071.56
Shipping charged to groups	\$18.13	\$379.13
Total Sales Income	\$1,739.75	\$15,450.69
Sales of Product Income		\$50.05
Total Income	\$3,678.73	\$49,772.54
Cost of Goods Sold		
Cost of Goods		\$0.23
Cost of Goods Sold		\$65.49
Freight - vendor shipping	\$36.91	\$383.17
Inventory Shrinkage	\$6.77	-\$42.18
Literature & merchandise	\$1,398.52	\$11,933.62
Shipping to groups	\$18.13	\$366.59
Total Cost of Goods Sold	\$1,460.33	\$12,706.92
GROSS PROFIT	\$2,218.40	\$37,065.62
Expenses		
Computer, Software, IT Asst		\$5.00
Copier Rental		
Buncombe Co. Prop. Tax	\$11.01	\$11.01
Copier - monthly fee	\$167.42	\$1,798.57
Total Copier Rental	\$178.43	\$1,809.58
Fire Inspection (good for 3yrs)		\$26.25
Insurance Expense		\$605.00
Office Expenses	\$14.99	\$164.89
Office Supplies		\$8.48
Office Supply items		\$71.10
Sales Tax on Supplies		\$2.95
Total Office Supplies		\$82.53
PayPal Fee	\$10.48	\$225.32
Payroll Expenses		\$5.25
Gross Salary (Including Taxes)	\$1,890.00	\$15,120.00
Payroll Taxes (Company)	\$144.60	\$1,164.25
Total Payroll Expenses	\$2,034.60	\$16,289.50
Rent	\$584.00	\$6,424.00
Stamps/Postage		\$2.90
Telephone & Internet		
Office Telephone/Internet	\$129.98	\$1,179.78
Web Expenses	\$17.99	\$212.33
Total Telephone & Internet	\$147.97	\$1,392.11
Total Expenses	\$2,970.47	\$27,027.08
NET OPERATING INCOME	-\$752.07	\$10,038.54
NET INCOME	-\$752.07	\$10,038.54



Group Contributions:	Nov 2021	YTD
12 & 12 Study Group 717-595		\$96.32
3 Legacies Group 709-522		\$125.00
Acceptance Group 122-477	\$336.37	\$2,952.99
At Wit's End Group		\$22.00
Backyard Group		\$430.00
Big Town Group 671-200		\$714.37
Black Mountain Group 117-117		\$25.00
Brevard Open Air Group		\$70.00
But for the Grace of God Group 629-162		\$46.00
BYOC - Bring Your Own Coffee		\$100.00
Candler KISS Group 163-148		\$120.00
Cashiers Valley Grp 122-589		\$1,151.22
Cedar Mountain Group 161-082		\$326.00
Clear Cut Directions		\$61.00
Conscious Contact Group - Asheville		\$518.00
Cullowhee Valley Group 118-129		\$125.00
Cumberland Group 122-472		\$240.00
Daily Decisions 643-869		\$1,818.16
Day by Day Group 159-058		\$1,020.18
Early Bird Group 612-780		\$228.00
Fireside Group 655-046		\$175.00
Friday Bunch		\$82.00
Good Livers 666-360		\$414.68
Grace Group of Asheville 161-970	\$802.71	\$4,398.11
Great Fact Group - Waynesville		\$885.41
Happy Hour Group - Hendersonville 169-182		\$100.00
Happy, Joyous & Free - Columbus		\$128.00
Hendersonville Men's Group		\$375.00
Hot Springs Meeting	\$100.00	\$100.00
Keystone Group		\$75.00
Lambda Group 617-035	\$99.48	\$99.48
Leicester Group 143-417		\$50.00
Liars Club	\$277.45	\$1,942.45
Library Group 672-283		\$75.00
Live & Let Live - Forest City		\$270.00
Love & Tolerance Group		\$100.00
Marion Noon AA - Serenity Seekers 663-204		\$300.00
Mars Hill Group 130-895		\$200.00
Men's Attitude Adjustment Group 670-850		\$107.25
Midday Group (Hendersonville) 143-420		\$325.00
Mission Group 606-119	\$53.00	\$107.00
Monday 6:00 Open Meeting	\$50.27	\$50.27
Monday Night Laid Back Group - Morganton		\$8.74
Montford Storytellers		\$79.00
Mountain View Group (Highlands) 110-598		\$585.37
On Awakening Group		\$377.66
Practicing Principles 667-311		\$175.64
Primary Purpose Group		\$70.00
Recovery by the River 674-892		\$392.20
Safe & Sound Group 645-654		\$384.17
Saturday Morning Men's Meeting		\$350.00
Serenity Now 670-803		\$250.00
Serenity Service Group 110-498		\$1,937.00
Sisters of Sobriety (H'ville) 715-661		\$296.96
Skyland Big Book Group 693-372		\$100.00
Sober Sisters - Flat Rock		\$285.26
South Asheville Literature		\$285.50
Spruce Pine Group 110-679		\$100.00
Spruce Pine Saturday Morning Group 110-679		\$43.00
Steps in Sobriety Group 728-947		\$91.67
Sunlight of the Spirit Group 727-048		\$183.00
Sunset 12 Step Group		\$50.00
Surrender Group - Black Mtn 660-428		\$200.00
The 164 Group		\$200.00
Total Surrender Group		\$250.95
Traditional Group 110-499		\$300.00
Waynesville Grace Group 110-692		\$960.00
Waynesville In the Park Meeting		\$419.00
We Think Not Group 700-411		\$58.00
West Asheville Group 110-501		\$125.00
Women's BBSS Group - Hendersonville		\$177.50
Women of Courage Group		\$166.40
Young People's Group 645-646		\$103.00
Total Group Contributions:	\$1,719.28	\$29,553.91



CONTRIBUTIONS



Individual Contributions:	Nov 2021	YTD
Anonymous	\$123.79	\$372.24
Bob P.		\$100.00
Barbara M.		\$60.00
Brad S.		\$12.71
Brian I.		\$5.00
Charles M.		\$100.00
Chris M.		\$100.00
Chuck E.		\$100.00
Cythera W.		\$14.44
Dylan J.		\$9.83
Gerd S.		\$300.00
Greg G.		\$175.69
Harry R.		\$8.00
Janet C.		\$50.00
Jean R.		\$10.00
Jessica D.		\$10.00
Jill K.		\$50.00
Judith H.		\$25.00
Judy M.		\$95.32
Katherine H.	\$20.00	\$220.00
Kay G.	\$15.00	\$165.00
Kathleen L.		\$6.01
Kathryn S.		\$1.00
Margaret N.		\$70.00
Marsha P.		\$100.00
Mary "Kelly" M.		\$50.00
Meghan C.		\$5.00
Morgan L.		\$50.00
Nancy NS.		\$30.00
Nat C.		\$45.00
Pam C.		\$20.00
Penny M.		\$100.00
Sandra S	\$10.00	\$60.00
Sara D.		\$100.00
Sarah L-F.		\$180.00
Shannon K.		\$250.00
Sheila D.	\$20.00	\$220.00
Shelley F.		\$2.00
Steven M.		\$3.99
Suzanne L.		\$125.00
Tara B.		\$93.03
Tom O'B.		\$10.31
Tom W.		\$20.00
Victoria C.		\$40.00
Wm "Pat" D.	\$20.00	\$220.32
William R.		\$20.00
Woodrow M S		\$300.00
In Memory of Phyllis C.		\$50.00
In Memory of B.G.	\$10.00	\$110.00
Total Individual Contributions:	\$218.79	\$4,264.89

Birthday Contributions:	Nov 2021	YTD
Anonymous		\$27.87
Angie C.		\$22.00
Bruce		\$3.00
Jill H.		\$18.00
Joannie		\$47.00
Judy M.		\$39.00
Lucy R.		\$30.00
Monica G.		\$220.00
Sandy F.		\$36.00
Total Birthday Contributions:	\$0.00	\$442.87

Mountain Doin's Subscriptions:	Nov 2021	YTD
Total Contributions:	\$1,938.07	\$34,261.67

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 - A.A. groups and individual members - for your generous support!



99 Problems

(continued from page 1)

That was about 45 years ago. Here's what I learned: Take one problem at a time and focus on it. The IRS is long paid. I have a tax attorney today who does my taxes, honestly. I have no credit card debt and my credit karma scores are 800 and 825. I have no warrants out for my arrest because I follow the law now. That's easy to do sober.

I ended up losing that teaching job. I eventually got it back and even became an administrator. Today when I'm unsure of a decision, I run it by my sponsor or a fellow AA member. My emotional sobriety on a scale of one to 10 is a 13 today. I do not let situations dictate to me. I handle them one at a time and I stay in the now. Thanks to AA, there's no other way!

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Central Office is Still Open/Closed

As those of you who have visited Central Office know, it's about the size of a walk-in closet. And it has about the same ventilation. So, to protect everyone involved, the Board decided to close the office to visitors/volunteers/walk-ins until the COVID situation clears up.

We are, however, open for business and have not stopped providing literature, chips, medallions, and what-not to members and groups. You can call (828-254-8539) or email (info@ncmco.net) an order and we'll pack it up for pickup outside the office door (70 Woodfin Pl., Ste 206). Or we'll ship it to you. If your order is complicated or you need to look at things, we can arrange a FaceTime or Zoom shopping session. We can accept payment by check, PayPal (including charge cards) or Venmo. Or you can put the cash in an envelope and slip it through the mail slot. Please include an invoice number with any payments.

Thanks to everyone for their consideration.

Special Meetings and Events



NOTE: Many events are being rescheduled. For the latest updates please check the specific event websites or <https://aancmco.org/index.php/events/>



GSR Workshop – Hosted by AA District 70. January 9, 1:15–2:15pm. What is a GSR? What does a GSR do? Attend the Workshop and find out! Zoom Meeting ID: 702 585 935; passcode: 1. Reference materials available online: https://www.aa.org/assets/en_US/en_GSR_list.pdf
Literature and materials also available at Central Office – 828-254-8539.



Acceptance Group Anniversary Celebration – 40 years and 41 years. Friday January 14, 11:30am –2:00pm. Old Timers' Memories; Sandwiches and Snacks; Sobriety Countdown. All A.A.s and Friends Welcome; Open Meeting – Newbies Welcome! Groce United Methodist Church, 954 Tunnel Rd, Asheville 28805.

Hilton Head Mid-Winter Conference. January 28–30. The Weston Hilton Head Resort & Spa, 2 Grass Lawn Ave, Hilton Head Island, SC 29928. For more information visit their website: <https://hhconf.com/pages/index.php>



58th International Women's Conference – Virtual Event. February 10–13. The in-person Santa Fe, NM conference is sold out. The virtual conference will run simultaneously to the in-person event and will include opportunities to connect with the women attending in person in the host city of Santa Fe. Four days of closed A.A. meetings, fun and fellowship! To register, visit their website: <https://internationalwomensconference.org/register-virtual/>



50th Gulf Coast Roundup. February 11–13. 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 their website: <https://www.gulfcoastroundup.com/>



33rd Annual "Freedom From Bondage" – Area 51 AA Corrections Conference. March 11–13. Hampton Inn & Suites, 200 Columbus Dr, Aberdeen, NC 28315 (Just off US 15 501 Hwy) For more information, see flyer: https://aancmco.org/wp-content/uploads/2021/12/FreedomFromBondage_2022.pdf or email: corrections@aanorthcarolina.org or call: 252-813-2739



3rd Annual Appalachian Regional Roundup. March 18–20. Meadowview Conference Resort & Convention Center, 1901 Meadowview Parkway, Kingsport, TN 37660. For more information visit their website: <https://www.appalachianregionalroundup.com/>



14th Annual Spring Fling Convention – "It Works If You Work It" – April 22–24. Hilton St. Louis Airport, 10330 Natural Bridge Rd, St. Louis, MO 63134. 314-426-5500. For more information visit their website: <http://www.springflingstl.com/>



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



GSO in New York: For events around the country and the world, as well as great articles and information, go to: www.aa.org and Box 459 Bulletin Board: https://www.aa.org/newsletters/en_US/en_box459_holiday21.pdf



The **Final Report** from the **71st Annual General Service Conference** is posted on the Central Office website: https://aancmco.org/wp-content/uploads/2021/08/71st_GSC_Final_Report.pdf



The Service Express

District 70

GSR Business Meeting – Usually held the 2nd Sunday of the month. The next meeting will be Sunday, **January 9, 2:30pm**, via Zoom – Meeting ID: 702 585 935; passcode: 1. There will be a **GSR Workshop at 1:15pm**, prior to the regular GSR business meeting. (See flyer) For updates go to: <https://ashevilleaa.org/calendar/>



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. Contact them through the website: <https://ashevilleaa.org/contacts/>



Treatment Facilities Committee – Joe L is Committee Chair. Contact him at treatment@ashevilleaa.org to volunteer. 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.

"Bridging the Gap" (with treatment facilities) – This is a Temporary Contact Program, which is designed to help the alcoholic in the facility make that transition from "inside" the program to life on the "outside". If you are interested in volunteering for this service, please contact the BTG Chair, Matt M, or Co-chair, Jane: bridgingthegap@ashevilleaa.org. For information on Bridging the Gap, visit the website: www.btgww.org



Corrections Committee – At the moment, no volunteers are permitted to go into the jails or prisons. Once allowed into facilities again, volunteers will be needed for carrying the message of recovery to alcoholics behind the walls. Contact the Corrections Chairs through the District 70 website for updated information. Since volunteers still can't go into the facilities, Heather, the Women's Corrections Chair, has been looking into an inmate "pen pal" program to write letters to women in prison. For more details, contact Heather: corrections_women@ashevilleaa.org They are looking for a new Men's Corrections Chair. If interested in this position, please attend the next GSR meeting.



The **Buncombe County Detention Facility** will have varying needs of support for AA meetings inside the jail, once meetings are allowed in again. Here is a link for the volunteer application: <https://aanmco.org/wp-content/uploads/2020/07/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.

CPC/PI Committee – These are two separate service committees – "Cooperation with the Professional Community" and "Public Information" – chaired by George M. Contact him at: cpc_pi@ashevilleaa.org 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 – They are in need of a new chairperson for this committee. The focus is to ensure 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. If interested in this position, please attend the next GSR meeting.

District 71

GSR Meeting – held on the 2nd Saturday of the month. District 71 will meet in person quarterly with the other two meetings monthly via Zoom. The next meeting will be Saturday, **January 8, 9:30am**, via Zoom – Meeting ID: 839 998 9177; Passcode 71. Check their website for meeting updates and links: <https://www.nc71.org/>



Transylvania County Jail and the Henderson County Detention Center are currently not allowing AA meetings to be taken into the facilities. Come to the GSR meeting to learn about other volunteer opportunities.

District 80

GSR Meeting – Held quarterly. The next meeting will be Sunday, **January 16, 1:00pm**. It is currently scheduled to be a hybrid meeting with a physical meeting place as well as Zoom capability for those uncomfortable with in-person attendance. Zoom Meeting ID: 858 8507 0387; Passcode: EasyDoesIt The physical location will be Meridian Behavioral Health, 44 Bonnie Lane, Sylva. All interested A.A. members are welcome to attend. For more information go to their website: <http://aawnc80.com/events>



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. If you are interested in this service call Central Office – 828-254-8539 – or go to website: <https://aanmco.org/index.php/12th-step-call-volunteer/>



Appalachian Community Services Center located at 91 Timberlane Rd, Balsam, has A.A. meetings every Monday and Wednesday at 6:00pm and every other Saturday at 5:30pm, with one volunteer allowed in per meeting. If you would like more information about volunteering, please contact Carl by calling or emailing Central Office: 828-254-8539; info@ncmco.net

Murphy Intergroup Meeting – held quarterly. The next meeting will be Thursday, **January 13, 5:00pm**, and will be held virtually. The GoToMeeting ID is 543-513-261. 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 combined COR/NCMCO Board meetings – held every other month on the odd-numbered months. The next meeting will be Thursday, **January 13, 6:00pm**. It will again be via Zoom. All AA members are welcome to attend but only Group CORs may vote. We will be approving the NCMCO budget for 2022.



For updated meeting information check the website: <https://aanmco.org/index.php/events/>



Happy Anniversary!



3 Legacies Group

Gus G. 1-17-2010 12 yrs

Acceptance Group

Joni C. 1-04-2015 7 yrs

Emily F. 1-16-2020 2 yrs

Tom G. 1-22-2002 20 yrs

Suzanne B. 1-24-1975 47 yrs

Julia T. 1-24-2013 9 yrs

Around the Room Group

Tom W. 1-01-1991 31 yrs

Sam M. 1-05-2012 10 yrs

Back to Basics Group - Weaverville

Diane M. 1-15-2019 3 yrs

Amy M. 1-21-1975 47 yrs

Black Mountain Group

Chris F. 1-06-1986 36 yrs

Warren T. 1-06-2011 11 yrs

Jeannette C. 1-19-2020 2 yrs

Yvonne W. 1-20-2006 16 yrs

Brevard Serenity Group

ShellyMae S. 1-09-2016 6 yrs

Patti P. 1-11-1973 49 yrs

Barbara P. 1-20-2018 4 yrs

Dave R. 1-20-1996 26 yrs

Bryson City Group

Kyle C 1-14-2014 8 yrs

Conscious Contact

Sara M. 1-02-2004 18 yrs

Damon D. 1-12-1998 24 yrs

Ellen M. 1-22-2016 6 yrs

David B. 1-26-2004 18 yrs

Cumberland Group

Jill K. 1-18-2012 10 yrs

Judy M. 1-19-1982 40 yrs

Daily Decisions Group

Mike M. 1-01-1985 37 yrs

Johnel V. 1-29-2001 21 yrs

Fellowship Group

Galen W. 1-01-2008 14 yrs

Rob W. 1-01-2017 5 yrs

Joe V. 1-02-2019 3 yrs

Mike B. 1-02-2017 5 yrs

Dale L. 1-10-2004 18 yrs

Julia R. 1-17-2001 21 yrs

Jennifer H. 1-18-2019 3 yrs

Sam L. 1-29-2019 3 yrs

Good Livers

JoEllen W. 1-02-2008 14 yrs

Ken B. 1-02-2019 3 yrs

Nancy D. 1-06-1988 34 yrs

Barbara N. 1-06-2009 13 yrs

Bibi L. 1-09-1983 39 yrs

Christy H. 1-15-2020 2 yrs

Grace Group

Dan A. 1-01-2018 4 yrs

Tianna S. 1-01-2018 4 yrs

Frank D. 1-01-2020 2 yrs

Doug M. 1-04-1985 37 yrs

Eli J. 1-07-2019 3 yrs

Andi K. 1-14-1999 23 yrs

Tiffanie C. 1-18-2008 14 yrs

Carla S. 1-21-2019 3 yrs

Judah L. 1-24-2019 3 yrs

Ryan J. 1-24-2005 17 yrs

Heather Wr. 1-31-2021 1 yr

Hendersonville Group

Hub vB. 1-17-2015 7 yrs

Hendersonville Men's Group

Chad B. 1-01-2020 2 yrs

Wharton D. 1-13-1982 40 yrs

Hey Girl, Surrender Group

Page M. 1-02-2020 2 yrs

Derry O. 1-13-2018 4 yrs

Lambda Group

Evan L. 1-13-2021 1 yr

Alle K. 1-16-2017 5 yrs

Marshall Group

Harold L. 1-28-2012 10 yrs

Mission Group

Herb W. 1-22-1990 32 yrs

Motley Crew Group

Frank M. 1-17-1987 35 yrs

Linda S. 1-30-1990 32 yrs

Phoenix Group

Paul R. 1-06-2015 7 yrs

Liz M. 1-24-2009 13 yrs

Serenity Seekers - Marion

Mitzi G. 1-01-2020 2 yrs

Lori H. 1-13-1997 25 yrs

Total Surrender Group

Patty K. 1-01-1985 37 yrs

Cynthia P. 1-02-2015 7 yrs

David 1-05-2018 4 yrs

Brandy F. 1-07-2006 16 yrs

Derry O. 1-13-2018 4 yrs

Bryan T. 1-15-1992 30 yrs

Amie S. 1-25-2009 13 yrs

Waynesville Grace Group

Robbie B. 1-21-2019 3 yrs

Paula E. 1-28-1987 35 yrs

Dan D. 1-29-1999 23 yrs

Women's Big Book Step Study Group

Natalie B. 1-09-2009 13 yrs

The Birthday Plan

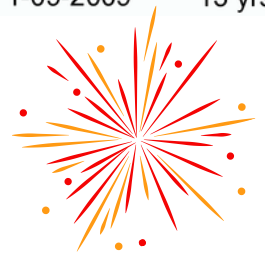
For many years, A.A. members have celebrated their sobriety by sending a contribution to the General Service Office. Your birthday (or anniversary) money helps to support G.S.O.'s services to members and groups throughout Canada and the U.S., to ensure that the A.A. message is carried around the world. 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 from G.S.O. are available for free at Central Office.

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

Stop by 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!



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

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



What is a GSR? What does a GSR do?

GSR WORKSHOP

SUNDAY, Jan 9, 2022

1:15pm-2:15pm

Zoom Meeting ID

702 585 935

Passcode: 1

what & how to be a GSR

Hosted by AA District 70

Asheville, NC



www.aa.org

Reference materials available online:
AA Service Manual, AA GSR Pamphlet,
AA Circles of Love and Service Pamphlet

Literature & materials also available at
NCMCO (Central Office) CALL 828-254-8539

40 Years & 41 Years

**ACCEPTANCE
GROUP
ANNIVERSARY
CELEBRATION**

Friday January 14, 2022

11:30 TO 2:00

**GROVE UNITED METHODIST CHURCH
954 TUNNEL ROAD**

***ALL ARE WELCOME!
OPEN MEETING!***

***OLD TIMERS' MEMORIES
SANDWICHES & SNACKS
SOBRIETY COUNTDOWN***

2022

Hilton Head Mid-Winter Conference



Clear-cut Directions

"Further on, clear cut directions are given showing how we recovered" *Alcoholics Anonymous*, p. 29

JANUARY 28 - 30, 2022

Friday 8:30 p.m. ~ Belinda F. (New Orleans, Louisiana) AA

Saturday 9:00 a.m. ~ Rachel F. (Miami, Florida) AA

Saturday 11:00 a.m. ~ Alex B. (Matthews, North Carolina) Al-Anon

Saturday 2:00 p.m. AA Workshop:

"Maintenance of our Spiritual Condition: Steps 10-12"

Saturday Al-Anon Workshops:

2:00 p.m. "Sponsorship: What it's all about" ~ 4:00 p.m. "Living the Legacies"

Saturday 8:30 p.m. ~ Bob D. (Las Vegas, Nevada) AA

Sunday 10:00 a.m. ~ Aaron Z. (Molalla, Oregon) AA

Conference Chairperson ~ Star W. Conference Co-Chairperson ~ Jason W.

HOTEL ACCOMMODATIONS

The Westin Hilton Head Resort & Spa

2 Grass Lawn Avenue

Hilton Head Island, SC 29928

(843) 681-4100

Single/Double occupancy room rate \$123 +tax

No resort fees

DISCOUNT ROOM CODE:

Hilton Head Mid-Winter Conference

*Please make your room reservations through
the hotel @ www.marriott.com*

MARATHON MEETINGS ALL DAY!

(Closed during speaker meetings and workshops)

SATURDAY MORNING GOLF TOURNAMENT

*Port Royal Golf Club - 4 Person Scramble \$59 per person
(includes cart and range) Shotgun Start @ 11 a.m.*

SOUTHERN HOSPITALITY ROOM

World-Famous, Homemade Cookies and Coffee

(Closed during speaker meetings and
workshops)

SATURDAY NIGHT - GAME NIGHT AND FELLOWSHIP

(After the 8:30p.m. Speaker meeting concludes)

ONLINE Pre-Registration - \$30 (available until midnight 1/22/22)

IN PERSON Registration - \$35 (opens Friday 1/28/22 @ 3:00p.m.) Cash/Check Only (ATM on site)

www.hhconf.com





58th International Women's Conference

Four days of A.A. meetings, fun and fellowship!

We invite women from all over the world to attend the 58th International Women's Conference virtually. The virtual conference will run simultaneously to the, sold-out, in-person event and will include opportunities to connect with the women attending in person in the host city of Santa Fe, New Mexico, USA.

Register for the virtual conference:

<https://internationalwomensconference.org/register-virtual/>



Santa Fe, NM is the host city for the
58th Annual International Women's Conference
to be held at the
Santa Fe Convention Center and online!

The in-person conference is sold out.



This is an anonymous event.



50TH "GULF COAST ROUNDUP"



February 11, 12, and 13, 2022

50th Golden Anniversary



On the Gulf Coast of Okaloosa Island at "The Island" (reservations@mainsailhotels.com)
1500 Miracle Strip Pkwy SE (Hwy 98E.), Fort Walton Beach, FL 32548, 850-337-9194 (Vanessa)

Hotel reservations must be made by Jan 10th to ensure these rates, and please state Gulf Coast Roundup.

Standard \$95/night (2 dbl bds) Poolside \$125/night (2 Queens) Gulf Front \$135/night (2 Queens) ("Yes..it's only \$135..!!")
0700-0800 Saturday and Sunday Morning Yoga Sessions with Mollie Densley of Lunar Serenity Yoga and Art

Web: www.GulfCoastRoundup.com Send questions to ChipBowdren54@gmail.com or Text them to 850-865-1660

4:30 Fri: Terry R. (AA) Lafayette, LA
8:00 Fri: Barron R. (AlAnon) Atlanta, GA

7am Sat: Yoga with Mollie Densley
8:15 Sat: Combined Discussion Meeting
10:00 Sat: April & Dylan S. (AA) Miami, FL
2:00 Sat: Patrick & Linda G (AA) Lake Placid, FL
4:00 Sat: Julie C. (AA) Tujunga, CA
8:00 Sat: Hilda F. (AA) Tujunga, CA
9:40 Sat: **Terry Stokes..the Amazing Hypnotist...!!**

7am Sun: Yoga with Mollie Densley
8:15 Sun: Combined Discussion Meeting
9:30 Sun: Vivian Q. (AA) Bluffton, SC

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 6th 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..!!)

ROUNDUP VOICE: "The Amazing Terry S. "

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

Recordings of the entire conference and many individuals by "New Life Productions"

\$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 or use form below

Gulf Coast Roundup – February 11-13, 2022 – Registration

Name(s) _____

Address _____

City _____ State _____ Zip _____

Name(s) on Badge(s) _____

Make checks payable to: Gulf Coast Roundup Mail to: **Angie Bowdren, 930 Gulf Shore Dr Unit 4, Destin, FL 32541**

33rd Annual "FREEDOM FROM BONDAGE" Area 51 AA Corrections Conference

March 11, 12 & 13, 2022

Hampton Inn & Suites
200 Columbus Dr.
Aberdeen, NC 28315
(Just off US 15 501 Hwy)

Pre-Registration for Conference

\$15.00 per person before February 28, 2022

\$18.00 at the door

Online Pre- Registration:

Coming Soon!!!

Hotel Registration

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

Room reservations:

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

<https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=SNPNCHX&groupCode=CHHFFB&arrivaldate=2022-03-11&departuredate=2022-03-13&cid=OM,WW,HILTONLINK,EN,DirectLink&fromld=HILTONLINKDIRECT>

Code: **CHHFFB**

Rate: \$104-Standard Room, \$124-Studio Suite

Cut-off for special rate: February 11, 2022

Agenda

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

For more information

E-mail: corrections@aanorthcarolina.org

252-813-2739

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33rd Annual Freedom from Bondage
Area 51 AA Corrections Conference
Pre-Registration rate before February 28, 2022 – \$15.00

Make checks payable to:
CFC and mail to
CFC
P.O. Box 7642
Rocky Mount, NC 27804

Name: _____ Name on Badge: _____

Address: _____ City: _____ State: _____

Zip: _____

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

Please Use 1 Form Per Person



Appalachian Regional Roundup

FROM STEERAGE TO CAPTAINS TABLE

MARCH 18-20 2022

KINGSPORT, TN

Speakers

DON L: BELLINGHAM, WA
SHELDON F: LAS VEGAS, NV

STEVE L: NASHVILLE, TN

BILL C, TORRANCE, CA

MISOON W: SARASOTA, FL

POLLY P: JACKSONVILLE, FL

MIKE A: NASHVILLE, TN

JENNIFER HK: PLANO TX

THERESA F: NORTH HOLLYWOOD, CA

ELLEN C: ADDISON TX (ALANON)

MEADOWVIEW CONFERENCE RESORT
& CONVENTION CENTER
1901 MEADOWVIEW PARKWAY
KINGSPORT, TN 37660

ROOM RATE \$120.00
RATE CUT OFF DATE FEBRUARY 18
CALL OR VISIT OUR WEBSITE TO BOOK
423-578-6600

MAKE CHECK OR MONEY ORDER
PAYABLE TO APPALACHIAN REGIONAL
ROUNDUP & MAIL TO:
P.O BOX 7494
1001 N. EASTMAN RD
KINGSPORT, TN 37664

JOIN US FOR A GOLF OUTING ON
FRIDAY! STARTS AT 9AM, MEET AT THE
CLUBHOUSE. 9 HOLES FOR \$23 OR
18 HOLES FOR \$38.

REGISTRATION IS \$30 & \$35 AT THE
DOOR. ONLINE REGISTRATION IS
AVAILABLE AT
WWW.APPALACHIANREGIONALROUNDUP.COM

FOR MORE INFORMATION, CONTACT TIA H AT
423-470-9203 OR VISIT OUR WEBSITE AT
WWW.APPALACHIANREGIONALROUNDUP.COM



Third Annual Appalachian Regional Roundup

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

PHONE: _____

EMAIL: _____

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

PHONE: _____

EMAIL: _____

AA Convention with Al-Anon Participation



14th ANNUAL SPRING FLING CONVENTION

“It Works If You Work It” April 22 - 24, 2022



Friday 4:30 p.m. Al-Anon Meeting

Friday 6:00 p.m. BBQ & Washers

Friday 8:00 p.m.

Chris R. – Ingram, TX

Friday 10:00 p.m. Young Persons

Carrie B. – Bend, OR

Saturday 8:30 a.m. Al-Anon Meeting

Saturday 10:00 a.m. Speaker Panel

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

Saturday 1:00 p.m. Al-Anon Speaker

Ellen C. – Addison, TX

Saturday 3:00 p.m. Speaker Workshop

Saturday 6:30 p.m. BANQUET

Saturday 8:00 p.m.

Earl H. – Cartersville, GA

Saturday 9:30 p.m. Activity

Saturday 10:15 p.m. DJ & Dancing

Sunday 9:00 a.m. Breakfast

Sunday 10:00 a.m.

Judith R. – Bismark, N. Dakota

ACTIVITIES

FRIDAY

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

SATURDAY

Banquet
Table Trivia
Speaker Panel
Speaker Workshop
Games
DJ & Dancing

Merchandising &
Marathon Meetings &
Activities Room Open
All weekend long



Hilton St. Louis Airport

Special Room Rate \$95

Mention Spring Fling code: **SPR**

Reserve before 3/23/22 for reduced room rate

10330 Natural Bridge Rd
St. Louis, MO 63134
314-426-5500

www.springflingstl.com

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

Registration Chair – Kiersten J. 636-212-4281

springflingconvention@yahoo.com

FREE PARKING

PLEASE REGISTER EARLY!!!



www.springflingstl.com for Credit Card or Venmo

CONVENTION REGISTRATION FORM

- Please complete and mail to Spring Fling Convention, PO Box 22002, St. Louis, MO 63126
- Complete a separate form for each additional registration, which is REQUIRED FOR ADMITTANCE.
- Make checks/money orders payable to Spring Fling Convention
- To sit together, please submit together – 10 people per table

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 8, 2022

Please direct all
communications to:

Grand Central Station,
P.O. Box 459,
New York, NY 10163
Fax: (212) 870-3003

Dear A.A. Friends,

First and foremost, thank you for your participation in our Seventh Tradition with contributions to the General Service Board. Our co-founder Bill W. posed the question, where do A.A.'s services fit into our scheme of things and why should we provide these functions with money? His answer was simple and still holds true today, that "Every single A.A. service is designed to make more and better Twelfth Step work possible, whether it be a group meeting place, a central or intergroup office...or the world service Headquarters." It is with this spirit that the General Service Office (G.S.O.) supports your efforts to carry the message of hope to the still-suffering alcoholic.

For decades, all correspondence to G.S.O., including our contributions, have been sent to Box 459, Grand Central Station, New York, NY 10163. Over the years, Box 459 became such an integral part of A.A. that we named the G.S.O. newsletter after it.

Now, your office and board are excited to announce that we are embracing a new method of processing our Seventh Tradition contributions that will reduce costs, ultimately allowing for more investment in services to members and groups. To this end, we are excited to announce that **a separate post office box has been established for Seventh Tradition contributions only.** This change will enable us to process contributions much more efficiently and at a significant savings to the Fellowship.

Effective immediately, please send contribution checks to:

Post Office Box 2407
James A Farley Station
New York, NY 10116-2407

Over the next few months, we will be updating and reprinting our contribution envelopes and literature to reflect this change. To help this change be embraced as fully and quickly as possible, we ask for your assistance in sharing this information with fellow A.A. members and groups.

We have tried to anticipate and answer questions you may have about this change. If you do not see your question below, please contact our Member Services team for assistance at memberservices@aa.org or 212-870-3023.

Why is this change necessary?

Opening contributions envelopes, scanning the contents, and depositing the checks in the bank requires two to three full-time staff and a significant amount of time. To save time and money, we are outsourcing this work to our bank which has the specialized equipment and personnel to perform these tasks more quickly and at a lower cost. The bank requires that we use a unique post office box number for this service.

How will the bank uphold the Seventh Tradition?

After the contribution is scanned but before it is deposited, the bank will make the scan available to our office staff who will verify that the contribution comes from an A.A. member or group. For each contribution, staff will instruct the bank to either process the deposit or return it to the submitter if it is determined not to be from a member or group.

How will the bank assure the anonymity of Fellowship members?

The bank has physical, electronic, and procedural safeguards that meet federal standards for keeping your information safe from unauthorized access or use. Information is protected with 128-bit encryption.

Is this new post office box number for all correspondence with the G.S.O.?

No, this new post office box is *only for contributions*. Please continue to send literature orders and correspondence to Post Office Box 459, New York, NY 10163-0459.

What happens if I accidentally send a contribution to Box 459?

The contribution will be forwarded to the G.S.O. mailroom which will forward it to the new box number. Your contribution will still be received, deposited, and acknowledged, but the process will take longer and be more costly.

What happens if I accidentally send a literature order or a letter to the new box number?

The bank will send the envelope to the G.S.O.

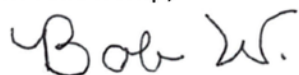
Are there any other ways I can help reduce contributions processing time and cost?

Yes, there are two ways you can reduce contributions processing time and cost:

1. Make your contribution online at www.aa.org using a major credit card or PayPal.
2. Provide an email address with your contribution. This enables us to acknowledge your contribution promptly and saves A.A. the cost of acknowledgement printing, mailing, and postage.

For more information, please contact our Member Services team at memberservices@aa.org or 212-870-3023.

In fellowship,



Bob W.
General Manager

