

Mountain Doin's

FEBRUARY
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



Trial by Fire

By: Carol M. - Santa Rosa, CA

What's the first thing you do when you lose your home and all your belongings? Her answer was simple—AA

Early in my sobriety in Alameda, California, I learned that a solid foundation is a critical element to having continuous, useful and rich sobriety. For me, that meant solid AA Step work, early and continued, specifically on Steps One, Two and Three.

I always thought a solid foundation was symbolic, until 2:30 A.M. on October 9, 2017. My wife and I learned a wildfire had reached the city of Santa Rosa and—according to my stepdaughter—the fire had jumped the freeway and was heading toward our home. Of course, that sounded ridiculous. After stumbling around for about 20 minutes inside in the dark, I went outside to a bright red sky and thick smoke. We quickly evacuated, figuring we would come back in a few hours.

As we were fleeing, I suddenly realized I needed to run and check on my mother with dementia in a care home four miles away. We left with our dogs, our sober selves and, for the most part, what we were wearing. We didn't know it then, but we got out just in the nick of time. We saw a video days later and learned that by 3:00 in the morning our home was totally gone.

Watching the news from my mom's care home in the next few sleepless hours, we learned that about 1,000 homes in our neighborhood were destroyed by this fire, all within the city of Santa Rosa.



Inside This Issue

Page	
2	Grapevine, Suggestions & Addresses for Donations, Central Office is Still Open/Closed, Call & Visitor Log
3	COR/Board Meeting Information, Where to Find Meetings, Cash on Hand, Profit & Loss YTD
4	Contributions
5	Trial by Fire (continued), Special Meetings & Events
6	The Service Express
7	Anniversaries

When we returned to our neighborhood outside Coffey Park the next day, we confirmed that ours was one of the destroyed homes. There was nothing left. We were literally burned down to our foundation.

What do you do when you lose your home and all your belongings to a wildfire? You go to an AA meeting! And the next night, I was at one of my regular meetings. Two days after that, I was in my regular home group. Our meeting location was displaced by the fire, but AA was alive in our temporary location at the local recovery bookstore. While only two other members at the meeting had lost their homes, all were affected by the fire.

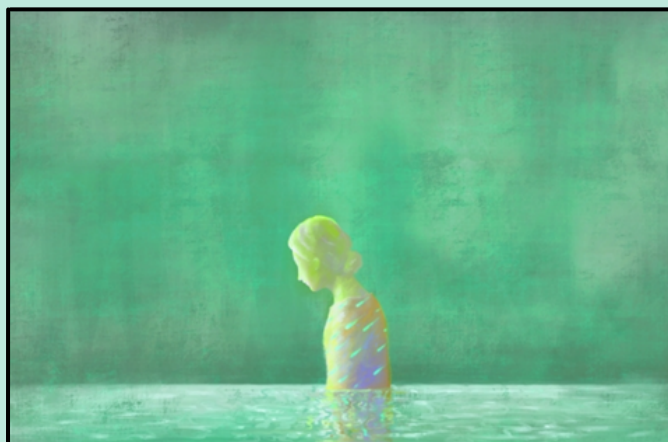
Our emotions were raw. We were all frightened and horrified. We shared how we—individually and as a group—were affected by the fire, and started making plans to ensure the hand of AA was there for all of us.

In the coming weeks, months and three plus years since, I learned that my AA foundation was strong after all. My wife and I—we met in AA and have been together for 21 years—got to work. We did two things:

First, she and I recommitted to one another. We knew the road would not be easy and we were committed to make it through together. Second,

(continued on page 5)

February Grapevine now available!



This month's featured section is for "Getting Through Tough Times." Members share hopeful stories about how they use the fellowship and the tools of the program to get through adversity.

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



FREE SHIPPING

On All AA Grapevine Products!



From February 1 to February 28

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

(847) 559-7327

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.

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

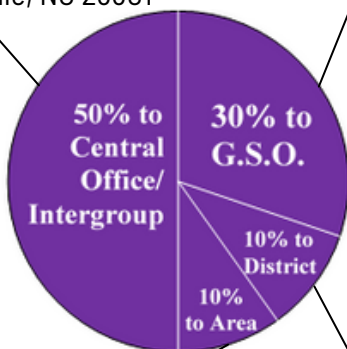
(see letter from GSO at the end of the newsletter for explanation)

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 December 2021

12 Step Calls - 3
General Info - 5
Family Help - 0
Meeting Info - 54
Central Office Business - 37
Medical/Detox - 1
Visitors - 0
Answering Service - 0
After-hours Volunteers - 35 calls



Visits to aaNCMCO.org website:
Unique Visitors - 1,003
Total Visits - 1,776; Visits/Visitor - 1.77
Total Pages - 30,215; Pages/Visit - 17.01



COR/NCMCO Board Meeting

COR/Board meetings are held every other month on the odd-numbered months. The next combined meeting will be Thursday, **March 10, 6:00pm**.

It will again be via Zoom - Meeting ID: 757 855 2319; Passcode: 000000

All AA members are welcome to attend but only Group CORs may vote.

In March we will be continuing the discussion of how to use extra funds left over from last year. If your group has any suggestions please contact Central Office prior to the March 10th meeting: (828) 254-8539; info@ncmco.net

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 12/31/2021

Prudent Reserve -
\$11,097.43

Operating Account -
\$23,297.78

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

Profit & Loss YTD

	Dec 2021	Jan - Dec 2021 (YTD)
Income		
Contributions		
Birthday Contributions		\$442.87
Group Contributions	\$719.79	\$30,273.70
Individual Contributions	\$143.84	\$4,408.73
Total Contributions	\$863.63	\$35,125.30
Interest on Money Market	\$0.94	\$11.07
Sales Income		
Literature & merchandise	\$1,019.75	\$16,091.31
Shipping charged to groups	\$30.91	\$410.04
Total Sales Income	\$1,050.66	\$16,501.35
Sales of Product Income		\$50.05
Total Income	\$1,915.23	\$51,687.77
Cost of Goods Sold		
Cost of Goods		\$0.23
Cost of Goods Sold		\$65.49
Freight - vendor shipping	\$11.65	\$394.82
Inventory Shrinkage		-\$42.18
Literature & merchandise	\$848.96	\$12,782.58
Shipping to groups	\$30.91	\$397.50
Total Cost of Goods Sold	\$891.52	\$13,598.44
GROSS PROFIT	\$1,023.71	\$38,089.33
Expenses		
CO/D70 Fall Picnic	\$151.91	\$151.91
Computer, Software, IT Asst		\$5.00
Copier Rental		
Buncombe Co. Prop. Tax		\$11.01
Copier - monthly fee	\$167.42	\$1,965.99
Total Copier Rental	\$167.42	\$1,977.00
Fire Inspection (good for 3yrs)		\$26.25
Insurance Expense		\$605.00
Office Expenses	\$14.99	\$179.88
Office Supplies		\$8.48
Office Supply items		\$71.10
Sales Tax on Supplies		\$2.95
Total Office Supplies	\$0.00	\$82.53
PayPal Fee	\$20.77	\$246.09
Payroll Expenses		\$5.25
Gross Salary (Including Taxes)	\$1,575.00	\$16,695.00
Payroll Taxes (Company)	\$120.49	\$1,284.74
Total Payroll Expenses	\$1,695.49	\$17,984.99
Rent	\$584.00	\$7,008.00
Stamps/Postage		\$2.90
Telephone & Internet		
Office Telephone/Internet	\$129.98	\$1,309.76
Web Expenses		\$212.33
Total Telephone & Internet	\$129.98	\$1,522.09
Total Expenses	\$2,764.56	\$29,791.64
NET OPERATING INCOME	-\$1,740.85	\$8,297.69
NET INCOME	-\$1,740.85	\$8,297.69

Group Contributions:	Dec 2021	YTD
12 & 12 Study Group 717-595		\$96.32
3 Legacies Group 709-522		\$125.00
Acceptance Group 122-477		\$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
Burnsville Group 136-171	\$6.86	\$6.86
But for the Grace of God Group 629-162	\$21.80	\$67.80
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	\$100.00	\$426.00
Clear Cut Directions		\$61.00
Conscious Contact Group - Asheville	\$100.00	\$618.00
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		\$4,398.11
Great Fact Group - Waynesville		\$885.41
Grupo Grattitud 722-200	\$20.00	\$20.00
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
Keep Coming Bat Group	\$60.00	\$60.00
Keystone Group		\$75.00
Lambda Group 617-035	\$71.50	\$170.98
Landrum Group 715-401	\$89.33	\$89.33
Leicester Group 143-417		\$50.00
Liars Club		\$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		\$107.00
Monday 6:00 Open Meeting		\$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	\$143.70	\$527.87
Saturday Morning Men's Meeting	\$50.00	\$400.00
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	\$56.60	\$99.60
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:	\$719.79	\$30,273.70



CONTRIBUTIONS



Individual Contributions:	Dec 2021	YTD
Anonymous	\$13.84	\$386.08
Bob P.		\$100.00
Barbara M.		\$60.00
Brad S.		\$12.71
Brian I.	\$5.00	\$10.00
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	\$240.00
Kay G.	\$15.00	\$180.00
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	\$70.00
Sara D.		\$100.00
Sarah L-F.		\$180.00
Shannon K.	\$25.00	\$275.00
Sharon O.	\$5.00	\$5.00
Sheila D.	\$20.00	\$240.00
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	\$240.32
William R.		\$20.00
Woodrow M S		\$300.00
In Memory of Phyllis C.		\$50.00
In Memory of B.G.	\$10.00	\$120.00
Total Individual Contributions:	\$143.84	\$4,408.73

Birthday Contributions:	Dec 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:	\$0.00	\$0.00
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Total Contributions:	\$863.63	\$35,125.30
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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!

Trial by Fire

(continued from page 1)

we agreed to stay positive no matter what. Fake it till you make it! We didn't know where the "bottom" would be and we did not want to find out. We agreed to do that and did it the best we could. When it got real, we had to focus on keeping it simple and HALT (don't get too hungry, angry, lonely or tired). We even had to set alarms to make sure to eat!

We started to rebuild. We moved three times during this period, which was stressful, as it was not easy to find a rental to take us and two big dogs, but we did the work and turned over the outcomes. At each step our AA friends volunteered to help, whether it was packing a few boxes or placing plates and silverware we started to accumulate in cupboards and drawers in the next rental. The house "rebuild" began through difficult fits and starts, as well as a contractor who stole \$90,000 from us! Through it all, we did what folks in AA taught us: Keep showing up, easy does it, keep doing the work, do the next right thing. And there we were, three years later, in our rebuilt home.

I weep with gratitude and humility as I write this. Our AA community is amazing—the outpouring of love and kindness. They gave us clothes, food, even a big mug for my nighttime tea. Treasures, yes, but the love and caring they gave and continue to give every day is an inspiration.

We learned so many lessons and continue to learn. But it was Step Three that dominated: Turning our will over to the care of a Higher Power. While we knew we would need plenty of will to rebuild our lives and home, we had to let go of the outcomes, trust the process, show up, and keep going to our AA meetings. Let the insurance do what they needed to do. Let our contractors do their work. Speak up when I needed to. Had the original contractors not done the horrible things they did to us and many others, we would not have found the perfect contractor to rebuild our home. We were so fortunate to find them.

So, we made it through. Amazingly, it all worked out. My wife and I are so happy to have AA. It gave us a foundation based on gratitude, an appreciation of the little things—the people in our lives, the kindness we share and how we can be of service to the next person.

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NOTE: This story was personal to me. I lived from 1992 to 2007 in the Santa Rosa, CA, area and I knew this Coffey Park neighborhood. And while I might not know the author of this story, I know many who were affected by this fire. And all expressed gratitude for the AA program and fellowship.
- Pam C., Mountain Doin's Editor



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/>



5th Annual Spring Into Action Conference. February 5, 10:00am-4:30pm. New Hope Baptist Church 3007 Beechtree Dr. Sanford, NC 27330. Purpose of the conference is for AA members to become more effective at living and carrying the simple AA message. See flyer for details.

58th International Women's Conference. February 10-13. NOTE: There are a limited number of in-person registrations available. The remaining spots are first-come, first-served so register quickly. For questions about the in-person event, email: IWC2022SantaFe@gmail.com. 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/>



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/>



Back to Basics. Four weeks in a row – February 15 and 22, March 1 and 8; 5:40pm social; meeting starts at 6:00pm. All welcome! Open to all curious about the AA 12 Steps. AA 12-Step "Kindergarten" – Take ALL 12 steps using AA's Big Book in four 1-hr meetings!! In-person and/or virtual (hybrid): Meridian Behavioral Health Services (Sylva), 44 Bonnie Lane, Sylva, NC 28779 (Bring your Big Book); Zoom Meeting ID: 815 9164 8546, Passcode: EasyDoesIt. For more info, contact practicingprinciplessylvanc@gmail.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/>



Western Region Pre-Conference. April 2, 11:30am-3:30pm. Oakley United Methodist Church, 607 Fairview Rd, Asheville, NC 28803. Come learn about and give input on agenda items that will be discussed at the General Service Conference. Lunch provided! See flyer for more details.

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: <https://springflingstl.com/>



NC Area 51 Conferences and Events: <https://aanorthcarolina.org>



GSO in New York: For events around the country and the world, as well as great articles and information, go to: <https://www.aa.org/> and Box 459 Bulletin Board: https://www.aa.org/sites/default/files/newsletters/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, **February 13, 2:30pm**, via Zoom – Meeting ID: 702 585 935; passcode: 1. 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 to find out how you can be of service. There are even more service opportunities than those listed here! 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, **February 12, 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, **April 24, 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, **April 21, 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!

Combined COR/NCMCO Board meeting – The next meeting will be Thursday, **March 10, 6:00pm**, via Zoom – Meeting ID: 757 855 2319; Passcode: 000000. All AA members are welcome to attend but only Group CORs may vote.



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



Does Your Group Have a New GSR or Alt GSR?

District Registrars keep GSO informed of group changes. Contact your group's District Registrar by email or through the District websites:

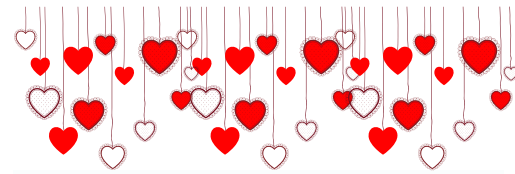
District 70: email registrar@ashevilleaa.org or use the form at <https://ashevilleaa.org/contacts/>

District 71: use the form at <https://www.nc71.org/meeting-change-form>

District 80: email webmaster@aawnc80.com



Happy Anniversary!



2nd Chance Group - Cherokee

Leslie H. 2-21-1997 25 yrs

Acceptance Group

Melissa R. 2-09-2019 3 yrs

Wil W. 2-11-1983 39 yrs

Back to Basics Group - Weaverville

Brian D. 2-01-2006 16 yrs

Mike P. 2-01-2009 13 yrs

Stacy R. 2-04-1998 24 yrs

Phil L. 2-26-2012 10 yrs

Brevard Serenity Group

Jolene O. 2-18-2008 14 yrs

Candler K.I.S.S. Group

Chip C. 2-20-1986 36 yrs

Zachary W. 2-22-2011 11 yrs

Conscious Contact

Sal L. 2-02-1994 28 yrs

Marsha P. 2-14-1987 35 yrs

Nancy K. 2-14-1992 30 yrs

Nicole G. 2-14-2015 7 yrs

Marty M. 2-15-1954 68 yrs

Cumberland Group

Dan P. 2-09-1998 24 yrs

Billy L. 2-16-2015 7 yrs

Daily Decisions Group

Blue 2-08-2005 17 yrs

Fellowship Group

Chris W. 2-06-2018 4 yrs

Maggie P. 2-07-2017 5 yrs

Jim A. 2-10-1982 40 yrs

Marsha P. 2-14-1987 35 yrs

Good Livers

Mark S. 2-06-2015 7 yrs

Karen D. 2-10-2009 13 yrs

Marti R. 2-17-1991 31 yrs

Michele F. 2-18-2001 21 yrs

Mary S. 2-18-2012 10 yrs

Grace Group

Ben P. 2-02-2020 2 yrs

Joe E. 2-05-2015 7 yrs

Brackley V. 2-05-2021 1 yr

Geoff S. 2-06-2008 14 yrs

Shaelyn T. 2-06-2020 2 yrs

Jason S. 2-07-2012 10 yrs

Mary B. 2-10-1981 41 yrs

Kelly K. 2-10-2021 1 yr

Farrell S. 2-11-2015 7 yrs

Doug L. 2-12-2021 1 yr

N A Rowan 2-14-1991 31 yrs

Ken K. 2-14-2016 6 yrs

Sabra R. 2-15-2008 14 yrs

Susan D. 2-15-1986 36 yrs

Daniel H. 2-15-2019 3 yrs

Jerry T. 2-15-2011 11 yrs

Margery K. 2-22-2004 18 yrs

Jamie D. 2-22-2021 1 yr

Ashley G. 2-24-2010 12 yrs

Renee F. 2-24-2021 1 yr

Ben M. 2-26-2019 3 yrs

Ashley R. 2-27-2019 3 yrs

Quinn M. 2-29-2016 6 yrs

Happy Hour Group

Ken F. 2-25-2012 10 yrs

Hendersonville Group

Bill G. 2-12-1982 40 yrs

Kimberly M. 2-14-2020 2 yrs

Kim S. 2-22-2019 3 yrs

Hendersonville Men's Group

David T. 2-04-1994 28 yrs

Scott A. 2-14-2017 5 yrs

Hey Girl, Surrender Group

Annie B. 2-07-1998 24 yrs

Jackie L. 2-23-2015 7 yrs

Lambda Group

Amy N. 2-12-2016 6 yrs

Russell G. 2-15-2018 4 yrs

Kyle W. 2-18-2021 1 yr

Mars Hill Group

Brian D. 2-01-2006 16 yrs

Phil L. 2-26-2012 10 yrs

John W. 2-28-1986 36 yrs

Mission Group

Leslie H. 2-21-1997 25 yrs

Montford Storytellers Group

Tom G. 2-11-1996 26 yrs

Phoenix Group

Tonya K. 2-01-2013 9 yrs

John W. 2-06-2005 17 yrs

Saturday Solutions Group

Marilynn S. 2-16-1978 44 yrs

Serenity Seekers - Marion

Gary B. 2-05-2017 5 yrs

Dean G. 2-12-2002 20 yrs

Dexter C. 2-17-2019 3 yrs

Sober Sisters of Black Mountain

Suzu L. 2-28-2009 13 yrs

Total Surrender Group

Jackie D. 2-06-2014 8 yrs

April M. 2-14-2011 11 yrs

Cat F. 2-23-2012 10 yrs

Josh H. 2-23-1999 23 yrs

Tom M. 2-25-2019 3 yrs

Traditional Group

Keenan H. 2-18-2019 3 yrs

Waynesville Grace Group

Dory D. 2-10-2016 6 yrs

JoAnne M. 2-16-2006 16 yrs

Bill L. 2-24-1992 30 yrs

Women's Big Book Step Study Group

Ali W. 2-12-2011 11 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 March newsletter deadline for sending in anniversaries and announcements is February 15.

• FIFTH ANNUAL •

Spring Into Action Conference

FEBRUARY 5, 2022

10:00 AM–4:30 PM

New Hope Baptist Church
3007 Beechtree Dr.
Sanford, NC 27330

Schedule

10:00-11:00	A Vision for You – Yesterday and Today	(Greg K – Charlotte NC)
11:00-11:30	Break	
11:30-12:30	Practice These Principles – Everywhere	(Christy E – Richmond VA)
12:30-2:00	Lunch - Food Trucks (accepts cash & card)	
2:00-3:00	Carry This Message - We Can Help Others	(Kevin L – Rocky Mt NC)
3:00-3:30	Break	
3:30-4:30	Spiritual Entity - The Home Group	(Brie G – Raleigh NC)
5:00	Dinner and fellowship in downtown Sanford	

* Purpose of the conference is for AA members to become more effective at living and carrying the simple AA message.

* Free event! We will pass a basket to practice the 7th tradition.



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!

**NOTE: There are a limited number of in-person registrations available.
The remaining spots are first-come, first-served so register quickly.**



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**

BACK TO BASICS

ALL WELCOME! OPEN TO ALL CURIOUS ABOUT AA 12 STEPS

“AA 12-Step “Kindergarten” — Take ALL 12 steps using AAs’ Big Book in 4 1-hr meetings!!”

February 15th @ 6pm - 7pm
February 22nd @ 6pm - 7pm
March 1st @ 6pm - 7pm
March 8th @ 6pm - 7pm

12 Steps



IN-PERSON AND/OR ZOOM (HYBRID)

BRING YOUR AA BIG BOOK

AA BEGINNERS' MEETINGS (original 1946 format)

Tuesday nights— 5:40pm social; meeting starts @ 6pm

Meridian Behavioral Health Services (Sylva)

44 Bonnie Lane, Sylva, NC 28779

Park in “staff” parking area, enter from back right entrance
COVID 19 safety protocols in person— masks required (provided)

ZOOM Meeting ID: 815 9164 8546

Passcode: EasyDoesIt

These replace the regular Practicing Principles AA Big Book meeting
on the above Tuesdays—

For more info, contact practicingprinciplessylvanc@gmail.com

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/deepink/?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: _____

Western Region Pre Conference

April 2, 2022 - 11:30am-3:30pm

Oakley United Methodist Church
607 Fairview Rd, Asheville, NC 28803 - Lunch Provided!!!

The Area 51 Pre Conferences are events where all AAs can learn about & give their input on agenda items that will be discussed at the General Service Conference.

They provide an opportunity to involve, inform, and inspire our members with a thorough understanding of the General Service Conference structure and process. Additionally, the Pre Cons provide feedback from our membership on the challenges and opportunities facing AA as a whole. The process comes alive with participation, discussion, and debate.

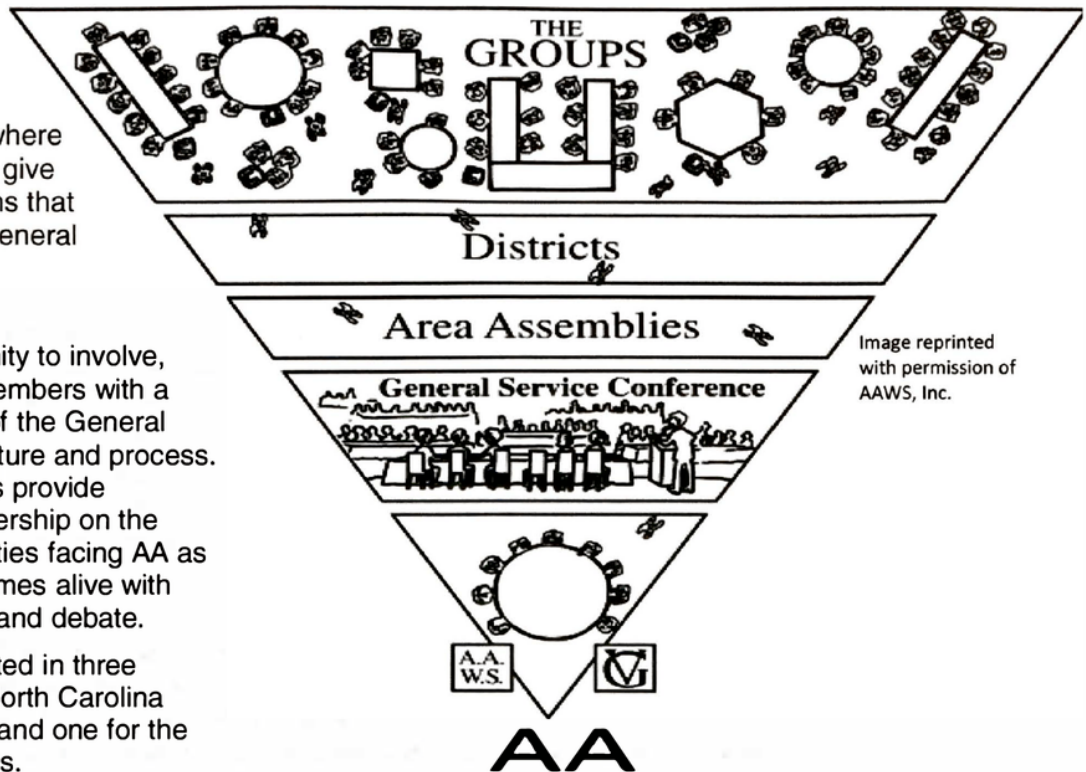
Pre-Conferences are hosted in three geographical regions of North Carolina (East, Central and West) and one for the Spanish Linguistic Districts.

Each Pre Conference will start with an overview of the General Service Conference Structure. Attendees will be provided with the Conference agenda & they will choose to participate in one of six different work groups. The material will cover agenda items that fall under CPC, PI, Report & Charter; Agenda /Policy & Admissions; International Convention; Corrections; Treatment & Accessibilities; Finance; Grapevine; Trustees; Literature; Archives

Each Pre Conference work group will elect a chair and secretary. The work group will then discuss the agenda items of most interest and/or as requested by the Delegate.

Each work group will have DCMs and Alternate DCMs who have the agenda items and background material for their assigned work group. They will have participated in the Mock Conference in this same work group at the Winter Committee meeting. They are available as a resource, to answer questions and to provide clarification

After the work groups have had time to thoroughly discuss their material, all 6 of the groups will come together and report on the agenda items discussed, sharing their views, opinions, and thoughts with all Pre Conference attendees.



The discussion at the Pre Cons give all of Area 51 an opportunity to participate in the General Service Conference process & practice Concept One, which states "final responsibility & ultimate authority for AA world services should always reside in the collective conscience of our whole fellowship".

The Pre Conference discussions help to inform the delegate with an understanding of how our Area AA members feel about the agenda items. The members are provided an opportunity to express their views about the important challenges and issues facing AA today. This will ensure that our delegate attends the General Service Conference as an informed, but not instructed, delegate prepared to help make decisions for the good of AA as a whole.

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.

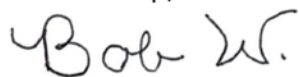
Are there any other ways I can help reduce contributions processing time and cost?

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

