

Mountain Doin's

MARCH
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



Wouldn't Be Anywhere Else

by Tim P. - Longville, MN

*Kindness, love, large-print books and donuts.
You can't ask for anything more*

"We are people who ordinarily would not mix" is an understatement if I ever read one. It's true alright. And I can't believe how much happier my life is today because I do now freely mix with people my old mind was dead set against.

Last Friday night's AA meeting in beautiful downtown Longville, Minnesota, provides a perfect example. Our little meeting brought in not only the locals, but people from nearby counties, vacationers, cabin owners and people from three states. We were like moths to a flame, guided by the online app that told us to go to Longville City Hall, right across the road from the liquor store, where they have another type of spiritual program going on.

When 18 people attend an AA meeting in a town with a population of 150 you know you must be doing something right. And the best part of our Twelve Steps and Twelve Traditions meeting is that we have large-print books available for everyone.

The Friday meeting was a good one, but of course I say that about all our meetings. What made this one special however, were the stories we told. These were stories that only a varied group of people who wouldn't ordinarily mix could tell. Each of us identified with a bit of every story. It felt like reading the ones in the back of the Big Book.

We had a 39-year medallion presentation to a new friend who just moved to the area. There was sadness when another man shared that he had gone to a funeral earlier that day for someone who couldn't stop drinking. His share reminded us of another one of our Friday friends who had passed last month after her struggle. Another two shared about helping each other out as their boats broke down again while fishing.



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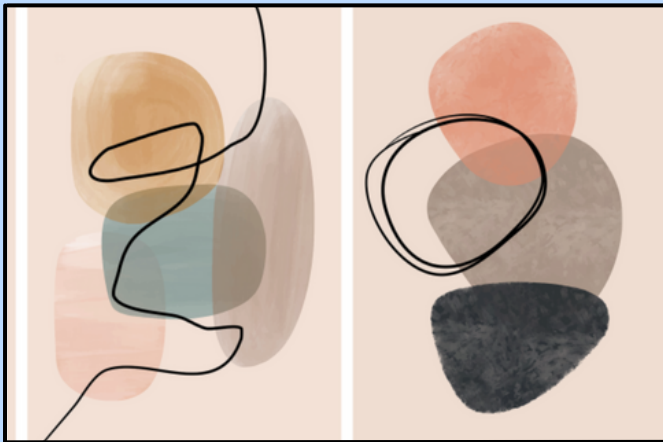
The mystery of where our AA carpenter friend had been lately was solved when we learned that he and another member helped install an air conditioner for someone who's now confined at home. A couple from California thrilled us with their stories of hitting AA meetings while traveling. Their tales made us all laugh. They might have been repeat stories for them, but not for us!

Three women at the meeting shared that they had come directly from work and were happy to be in a stress-free place where they could relax and let go of the rigors of work. We had a newcomer there too, and it was so rewarding to see how she has grown in the program. A couple of people shared that they had been speakers at other AA-sponsored events. The retirees were especially nice for me to see and hear, since I plan on retiring next year. There would be no "man in slippers" life for them! They were happy and content as could be. It made me realize just how much stopping drinking had changed my life.

Lastly, when our Hawaiian friends showed up with donuts, we knew it was their last meeting for the season. It was a bit sad for us to think that they'd soon be attending mosquito-free meetings on a sandy beach next to the ocean. It was comforting for us to know that our exaggerated stories about the coldest and snowiest winter ever will be told in Hawaii.

I wouldn't miss these Friday night meetings for anything. I'm forever grateful for my good friends here with whom I hang out and share our experience, strength and hope.

March Grapevine now available!



This month's featured section is "Emotional Sobriety." Members share powerful stories about how they use the AA tools over time to find serenity, contentment and an increased joy for living.

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



2022 Carry The Message Project



Grapevine and La Viña are Great Twelfth Step Tools!

Get your group, district, area or AA friends to join in. Carry the Message, it's easy!

To learn more, see information at the end of the newsletter, or visit:

<https://www.aagrapevine.org/carry-the-message>



AA Members: submit your stories, articles or poems!

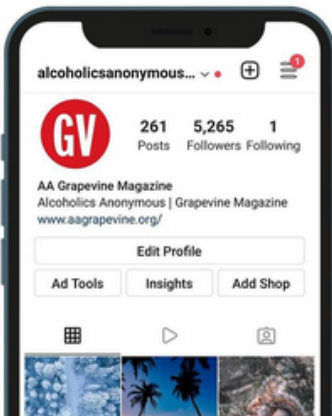
Do you have a personal story, a poem or an interesting article you would like to see published in the Mountain Doin's?

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

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

Follow Grapevine and La Viña on Instagram!



Get inspiration from the cofounders, see clips from their YouTube channel, learn about new and existing Grapevine books and more!

[@alcoholicsanonymous_gv](https://www.instagram.com/alcoholicsanonymous_gv)
[@alcoholicsanonymous_lv](https://www.instagram.com/alcoholicsanonymous_lv)

<https://www.aagrapevine.org/follow-grapevine>



AA Grapevine's Podcast

Their new podcast, the AA Grapevine Half-Hour Variety Hour, can be heard anywhere you listen to podcasts. They release a new episode every Monday. Special features will enhance each episode.



AAGRAPEVINE
Half-Hour Variety Hour

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



Call & Visitor Log January 2022

12 Step Calls - 6
General Info - 2
Family Help - 3
Meeting Info - 18
Central Office Business - 44
Medical/Detox - 2
Visitors - 0
Answering Service - 0
After-hours Volunteers - 24 calls

Visits to aaNCMCO.org website:
Unique Visitors - 1,174
Total Visits - 1,956; Visits/Visitor - 1.67
Total Pages - 27,368; Pages/Visit - 13.99



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

Profit & Loss YTD

Jan 2022

Income

Contributions

Group Contributions \$2,712.86

Individual Contributions \$192.75

Total Contributions \$2,905.61

Interest on Money Market \$0.94

Sales Income

Literature & merchandise \$1,651.80

Shipping charged to groups \$55.71

Total Sales Income \$1,707.51

Total Income \$4,614.06

Cost of Goods Sold

Freight - vendor shipping \$6.31

Inventory Shrinkage \$6.79

Literature & merchandise \$1,252.61

Shipping to groups \$56.34

Total Cost of Goods Sold \$1,322.05

Gross Profit \$3,292.01

Expenses

Computer, Software, IT Asst

New Computer \$1,737.99

Total Computer, Software, IT Asst \$1,737.99

Copier Rental

Copier - monthly fee \$167.42

Total Copier Rental \$167.42

Office Expenses \$14.99

PayPal Fee \$16.44

Payroll Expenses

Gross Salary (Including Taxes) \$1,320.00

Payroll Taxes (Company) \$100.99

Total Payroll Expenses \$1,420.99

Rent \$584.00

Telephone & Internet

Office Telephone/Internet \$129.98

Total Telephone & Internet \$129.98

Total Expenses \$4,071.81

Net Operating Income -\$779.80

Net Income -\$779.80

Cash on Hand as of 1/31/2022

Prudent Reserve -
\$11,098.37

Operating Account -
\$20,736.74

Rent Deposit - \$400.00

Petty Cash - \$50.00

Contributions

Group Contributions:	Jan 2022
As Bill Sees It Group	\$10.00
Big Town Group 671-200	\$70.91
Brevard Serenity Group 631-231	\$127.50
Cashiers Valley Grp 122-589	\$389.73
Daily Decisions 643-869	\$181.81
Day by Day Group 159-058	\$506.90
Fireside Group 655-046	\$187.50
Happy Hour Group - Hendersonville 169-182	\$330.00
Joy of Living - Brevard 669-820	\$30.00
Live & Let Live - Forest City	\$50.00
Mountain View Group (Highlands) 110-598	\$86.09
Serenity Service Group 110-498	\$431.00
Sober Sisters - Black Mtn	\$161.42
Surrender Group - Black Mtn 660-428	\$50.00
Yet To Be Named Group	\$100.00
Total Group Contributions:	\$2,712.86

Individual Contributions:	Jan 2022
Anonymous	\$20.53
Judy M.	\$40.00
Katherine H.	\$20.00
Kay G.	\$15.00
Roland B.	\$12.22
Sandra S	\$10.00
Shannon K.	\$25.00
Sheila D.	\$20.00
Wm "Pat" D.	\$20.00
In Memory of B.G.	\$10.00
Total Individual Contributions:	\$192.75

Birthday Contributions:	Jan 2022
Total Birthday Contributions:	\$0.00

Mountain Doin's Subscriptions: \$0.00

Total Contributions: \$2,905.61

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!



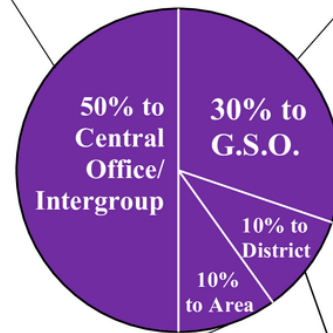
Suggestions & Addresses for sending Donations to the A.A. Service Structure* Revised for 2021

* 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

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



NCGSC – Area 51 Treasurer
PO Box 7337
Kill Devil Hills, NC 27948

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



Step Three Decision

By: Robert S. - Richmond, IN
(DOS 8/15/1975)

I think of the first three AA steps as: "I can't. (Step One). God can! (Step Two). I have decided to ask Him to help me. (Step Three).

I no longer consider the praying the Third Step Prayer as my decision to turn my will and my life over to the care of God. It is obvious that my decision had to come before doing so. According to the Big Book my decision to ask for God's help was made on the bottom paragraph of page 62: "Next, we decided that hereafter in this drama of life God was to be my director, etc. . . ." (Alcoholics Anonymous, 4th edition, page 62). The actual asking took place when I prayed the Third Step Prayer on page 63. My decision was well thought out before asking God for help via the page 63 prayer.

I believe this distinction is important because we are told: "We thought well before taking this step making sure we were ready; that we could at last abandon ourselves utterly to Him." Time to think well before the decision and the prayer is important. It would be tempting to haphazardly repeat this watershed Prayer verbatim, defusing the process of its needed substance and weight. Personally, having several months sobriety before this sequence, I had already made a sincere decision before praying this prayer with a sponsor.

We are told: "The wording was, of course, quite optional so long as we expressed the idea, voicing it without reservation." (Alcoholics Anonymous, 4th edition, page 63) My sponsor had me read each sentence (separately) of the prayer and use my own words to explain what it meant to me. When finished, we both prayed the Third Step Prayer verbatim. I was immediately launched into the following steps and have not had to drink since.



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/>



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 information, email: 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/>



AVL12's 8th Anniversary Celebration. March 27, 4:00pm-6:00pm. Snacks and whatnot... Bring a covered dish, a dessert or just yourself and a friend and share in the fellowship. Asheville 12 Step Recovery Club, 1 Kenilworth Knolls, Unit 4, Asheville 28805.

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/>



70th Great Smoky Mountain Recovery Campout. June 2-5. Triple Creek Campground, 141 Lower Bogard Road, Newport, TN 37821. 432-465-3060. Call for reservations and tell them you are with Great Smoky Mountain Recovery Campout. See flyer for more details. For more information, email: gsmrc1986@gmail.com

75th NC State Convention. July 7-10. Hilton Raleigh North Hills, 3415 Wake Forest Road, Raleigh NC 27609. See flyer for more information or visit their website: <https://www.aanconvention.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: https://www.aa.org/sites/default/files/newsletters/en_box459_holiday21.pdf



The Service Express

District 70

GSR Business Meeting – Usually held the 2nd Sunday of the month. The next meeting will be Sunday, **March 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 in person Saturday, **March 12, 9:30am**, at St. John in the Wilderness (in the Wilderness room), 1895 Greenville Highway, Flat Rock, NC 28739. Bring your own coffee! 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!

Acceptance Group

Elizabeth J.	3-01-2009	13 yrs
Beth R.	3-08-2021	1 yr

Back to Basics Group - Weaverville

Susan S.	3-02-1995	27 yrs
Wally H.	3-22-1994	28 yrs
Stephen M.	3-27-1983	39 yrs
Kelly B.	3-28-2014	8 yrs

Black Mountain Group

Graham D.	3-15-2019	3 yrs
Marianne W.	3-21-2019	3 yrs

Brevard Serenity Group

Rachael D.	3-11-1995	27 yrs
Danielle A.	3-12-2019	3 yrs
Ladawn J.	3-23-2018	4 yrs

Candler K.I.S.S. Group

Bruce R.	3-21-1998	24 yrs
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Conscious Contact

Ken B.	3-17-2017	5 yrs
Dave G.	3-25-1996	26 yrs
James K.	3-27-2016	6 yrs

Cumberland Group

Bob G.	3-21-2015	7 yrs
George B.	3-21-2017	5 yrs
Scott B.	3-29-2017	5 yrs

Fellowship Group

John Q.	3-07-1989	33 yrs
Julie D.	3-08-1991	31 yrs
Gary O.	3-10-2010	12 yrs
Chris S.	3-16-2018	4 yrs
Deborah V.W.	3-17-1987	35 yrs
James B.	3-20-2018	4 yrs
Patti F-E.	3-21-2013	9 yrs
Chris V.W.	3-29-2009	13 yrs

Grace Group

Weston B.	3-03-2015	7 yrs
Jacob L.	3-06-2007	15 yrs
Betsy C.	3-13-1995	27 yrs
Dick J.	3-15-1981	41 yrs
Alan D.	3-15-2012	10 yrs
Wesley M.	3-17-2017	5 yrs
Chris M.	3-29-2020	2 yrs
Ethan M.	3-25-2021	1 yr

Happy Hour Group

Chris S.	3-16-2018	4 yrs
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Hendersonville Group

Gretchen S.	3-12-2019	3 yrs
Hugh N.	3-14-2019	3 yrs
Ashley S.	3-21-2016	6 yrs
Terry G.	3-26-1979	43 yrs
Lynn W.	3-27-2007	15 yrs

Hey Girl, Surrender Group

Robbie L.	3-28-2016	6 yrs
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Lambda Group

Susan S.	3-02-1995	27 yrs
Jim S.	3-07-1978	44 yrs
Kerry W.	3-08-2000	22 yrs
Miles L.	3-12-2020	2 yrs
Perry S.	3-24-1987	35 yrs
Bob S.	3-26-1980	42 yrs

Leicester Group

Ed M.	3-17-1974	48 yrs
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Marshall Group

Ed M.	3-17-1974	48 yrs
Stephen M.	3-27-1983	39 yrs

Motley Crew/Columbus

Wanda Lu	3-06-2007	15 yrs
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On Awakening

John B.	3-07-1982	40 yrs
Jim S.	3-28-1991	31 yrs

Phoenix Group

Peggy H.	3-04-2010	12 yrs
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Serenity Now Group

Brad M.	3-08-1983	39 yrs
Doug	2-23-2000	22 yrs
Steve J.	3-26-1986	36 yrs

Serenity Seekers - Marion

John L.	3-01-2002	20 yrs
Billy S.	3-27-2014	8 yrs

Total Surrender Group

Jenifer Z.	3-02-2019	3 yrs
Joseph L.	3-04-2018	4 yrs
Matt P.	3-08-2018	4 yrs
Quinn G.	3-19-2019	3 yrs
Cathy C.	3-20-1993	29 yrs
Michael R.	3-20-2014	8 yrs
Pam W.	3-25-2013	9 yrs
Kelsey	3-29-2016	6 yrs

Waynesville Grace Group

Jimbo C.	3-10-1994	28 yrs
Mary S.	3-15-2019	3 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 April newsletter deadline for sending in anniversaries and announcements is March 15.

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/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

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

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: _____

AYL 12

Help us Celebrate!

We are turning 8!

**Sunday March 27th
From 4pm until 6pm**

FOOD !!!

Snacks and whatnot...
Bring a covered dish, a dessert
or just yourself and a friend
and share in the fellowship.

Stop by our new space
@
1 Kenilworth Knolls, Unit 4
Asheville 28805

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.

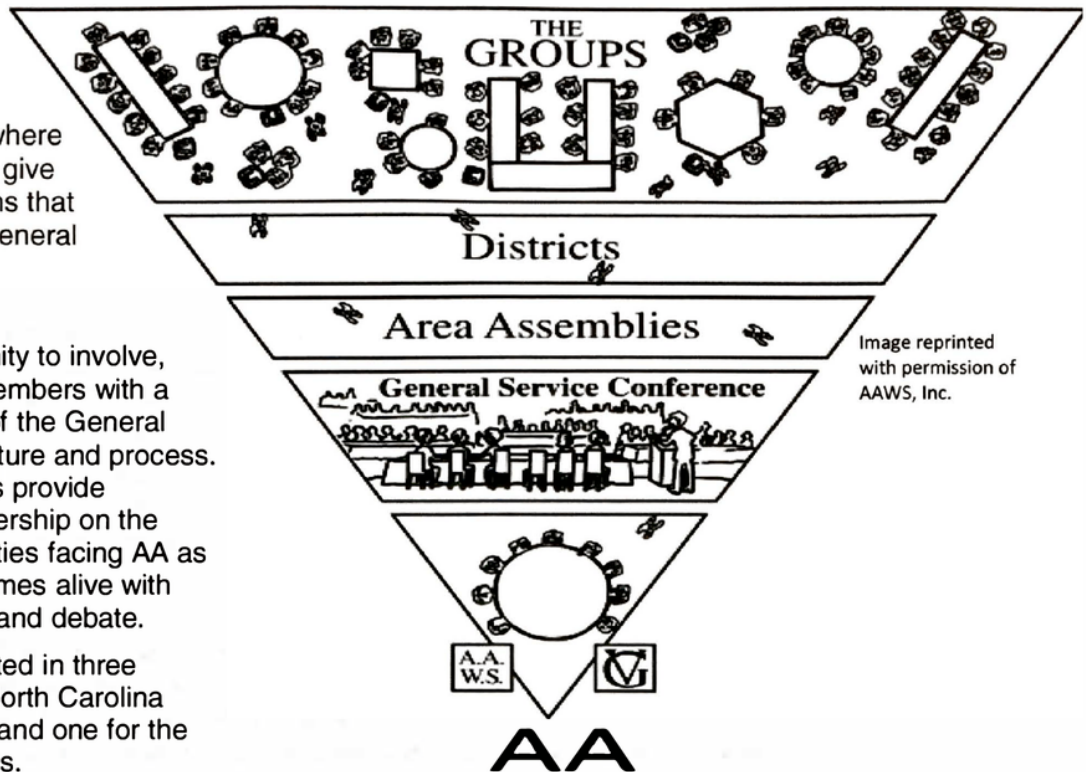


Image reprinted with permission of AAWS, Inc.



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

**70th Great Smoky Mountain Recovery
Campout**

NEW LOCATION

Triple Creek Campground

141 Lower Bogard Road

Newport, TN 37821 423-465-3060

[Triple Creek Campground - Newport,](#)

[Tennessee](#)

CALL for reservation & tell them you are with
Great Smoky Mountain Recovery Campout

June 2-5, 2022

Open AA Meetings 11am & 8pm daily

Al-Anon Meetings Sat and Sun 9:30am

Saturday Night Speaker

@ 6:45pm Libby W, Gatlinburg

Meetings only open to campers at

Triple Creek

No Day Campers Please

For More info Contact gsmrc1986@gmail.com

Donna S 865-789-4653

No Pets Allowed in Meetings



75th North Carolina State Convention

July 7-10, 2022

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

Speakers

- Nelson G, Lexington, KY
- Linda B, Waldorf MD
- Carolyn W, Oliver BC Canada
- Roy H, High Point, NC
- Tom Z, Durham NC
- Felix H, Wilmington NC

Workshops and more...

- ★ FREE Convention Mug to First 400 Pre-Registrants!
- ★ Old-Timers' Panel
- ★ Marathon Meetings
- ★ Open Discussion Meetings
- ★ Saturday Night Dance
- ★ Plenty of FREE Coffee

Hotel Reservations

Mention Group Code: **A51C**
 Room rate per night: \$132 + tax
 Phone: (919) 872-2323
 Ask for NC State Convention and/or group code **A51C** to make reservations.

Online:
www.NorthRaleigh.Hilton.com enter group code **A51C** where prompted.

Don't wait!...
 Hotel cut-off for Conference rate:
June 6, 2022

Convention Pre-Registration \$20.00/person

Pre-registration rate available until June 13, 2022, \$25.00 per person June 13, 2022 and after.
Al-Anons/Alateens 18 & under - No charge but must register.



Register online at www.aanconvention.com

For more information or for problems with hotel reservations, please email: aanconvention@gmail.com or call Elizabeth P. (919) 880-4026 or Alana E. (980) 230-9333

Consider buying a sponsorship for those less fortunate



75th North Carolina State Convention

Fill out and mail this form or register online at www.aanconvention.com

Name _____ Please print legibly

Address _____

City, State, Zip _____

Email _____

Telephone (____) _____ - _____ Sober Date (optional) _____

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

Do you have accessibility needs? _____

\$20.00 Special Rate before June 13, 2022
 June 13 and after \$25.00
Al-Anons/Alateens 18 & under: No charge but must register.

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

Enclosed is \$ _____

for _____ registration(s)

Is this a sponsorship? Yes No

Preferred method of contact:
 Email Mail

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

*Want To Help Another Alcoholic?
Join Us In Our*

Carry The Message Project


Give Grapevine or La Viña To An Alcoholic In Need

3 EASY WAYS!

1. If you know the full name and the mailing address of the recipient:

Give a Gift Subscription to a friend, a sponsee, doctor's offices or for giveaways at anniversaries or events at your homegroup, district, or area level.

Follow these steps:

- Go to store.aagrapevine.org. 
- Click on the Gift Subscriptions box.
- Click on the Red Gift Bag icon for the type of gift subscription you want to give.
- Click on "Go to the products page."
- Click on the number of Gift subscriptions you want to purchase (*1 gift or 2*).
- Enter your information, the recipient's information and your payment information.
- Click on the Process Order button. You're done!


Note: The first renewal notices will be sent to you and if there is no response, the last ones will be sent to the recipient.



2. If you do not know full name and the mailing address of the recipient and want Grapevine to select an alcoholic in need from the requests we have received.

Give a Carry the Message Gift Certificate to someone you do not know (*such as an alcoholic in prison*).

Follow these steps:

- Go to store.aagrapevine.org. 
- Click on the Gift Certificate box.
- Click the Buy button of the appropriate Carry the Message Gift Certificate option and you will be taken to a page showing our quantity discounts (*at the bottom*).
- Enter the number of gift certificates that you want and click the Buy button. (*For multiple gift certificates, the discount will automatically be applied*).
- Click Checkout and enter your order and payment information.
- When you click the Confirm button, you will get an order confirmation email and the gift certificate will be sent to you as an individual email.
- Forward the gift certificate to sdominguez@aagrapevine.org and we will redeem it for someone who has requested a subscription but can't afford one. (*If you have purchased multiple gift certificates, select all of them and use the Forward as Attachment option, so you only have to send us one email*).


Note: Your information will not be connected to the subscription record and all renewal notices will be sent directly to the recipient.



3. If you do not know full name and the mailing address of the recipient and would like to give them a gift certificate for them to redeem themselves for a subscription (example: A newcomer in your group.)

Give a Carry the Message Gift Certificate to a newcomer or someone in your group.

Follow these steps:

- Go to store.aagrapevine.org. 
- Click on the Gift Certificate box.
- Click the Buy button of the appropriate Carry the Message Gift Certificate option and you will be taken to a page showing our quantity discounts (at the bottom).
- Enter the number of gift certificates that you want and click the Buy button. (For multiple gift certificates, the discount will automatically be applied).
- Click Checkout and enter your order and payment information.
- When you click the Confirm button, you will get an order confirmation email and the gift certificate will be sent to you as an individual email.
- Print and hand the Gift Certificate or email Gift Certificate to the individual(s) you wish to donate a subscription to and they will be able to redeem the gift certificate code and enter their information themselves on the store: store.aagrapevine.org/to-redeem-your-gift-certificate. 