

# Mountain Doin's

APRIL  
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



## What's in a number?

by Gail V. - Burlington, Ontario, Canada

*Do we sometimes put too much importance  
on the amount of sober time we have?*

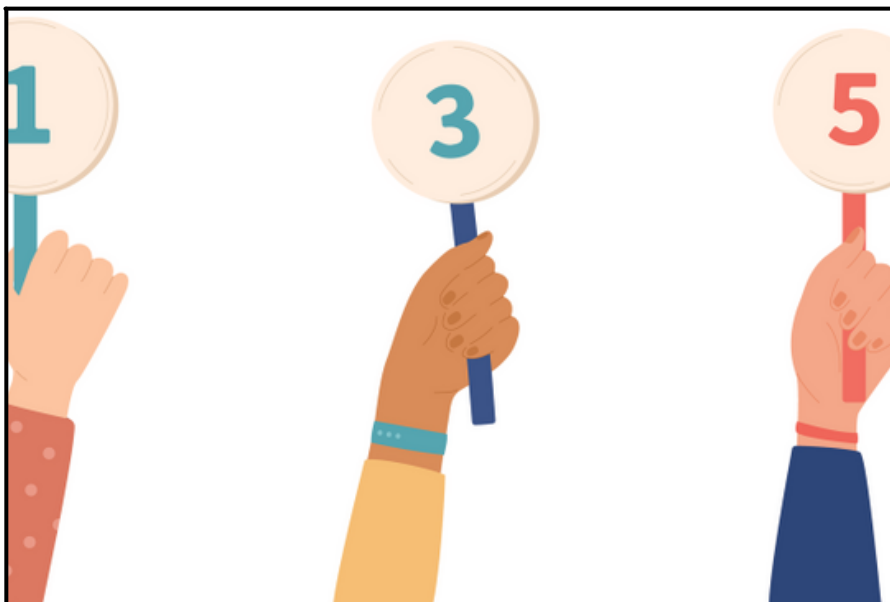
I got sober when I was 18; I'm now about to turn 39. I find myself cringing when someone asks me how long I've been sober, or when we share our sober dates in a meeting. The reason is because I know what's usually coming: "Oh, wow! that's amazing. Did you get sober when you were 12?" Or sometimes I get, "Man, I wish I were as smart as you at that age."

I actually don't know how to respond to these comments. They leave me feeling apart from the others. It sometimes scares me. AA is the only place I truly feel connected to people. Without AA, I can't even image where my life would be.

I realize that the members who react in regret are speaking from their own experiences; it has nothing to do with me. I have stopped owning the feeling that I've done something wrong. I must say sometimes it's still a little difficult. When it happens, I do my best to just gather up all the love and energy of the program that I have and send it back to them.

For the people who think that I was smarter than they were at 18, I say this: I was restless, irritable and discontent even before I picked up a drink. Those feelings were the first memories I can remember. Even though I didn't drink for very long I had been in an alcoholic hell for many years. Just like other AA members, I finally got in enough pain to do something and make a real change. Maybe my threshold for pain was just lower than theirs? I don't know.

It says in the "Twelve and Twelve" in the chapter on Step Three, "So it is by



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circumstance rather than by any virtue that we have been driven to AA." I can sure relate to that. I too was driven to AA, just as everyone else. Trust me when I tell you, there was no virtue involved!

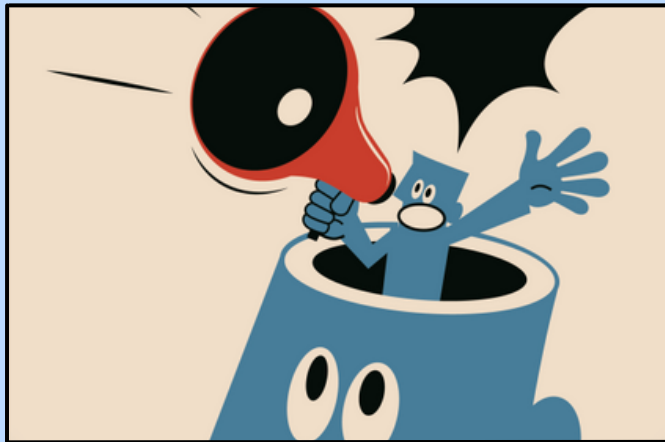
So if there's any message here, it's this: Please don't "rate" people's stories or sobriety. If someone's story is different than yours regarding time, place, people, that's OK. It doesn't mean that one person is any better or smarter at this. In the end, whatever we were doing in our earlier life, we all ended up in these rooms because we were sick.

Tradition Five says, "...to carry the message to the alcoholic who still suffers." That's any alcoholic, not just newcomers. The longtimers, although sober, can still be suffering too. I had always envisioned that our longtimers would lead and I would follow, but sometimes they need someone to follow and it doesn't matter how many years someone has. If you're practicing the Steps and are in good spiritual condition, you can be the lead for a while. We all share that privilege and responsibility. There have been times I've been in spiritual, emotional or mental pain and listening to someone who has just a few months of sobriety can help me.

So I say, forget the number of years sober. The number belongs to AA, to show that the program works. But where we are today and what we do with those hours is our responsibility.

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# April Grapevine now available!



This month's featured section is "What's On Your Mind?" Members share their thoughts and opinions about meetings, sponsorship, sobriety and everything AA.

<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, visit the website:

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



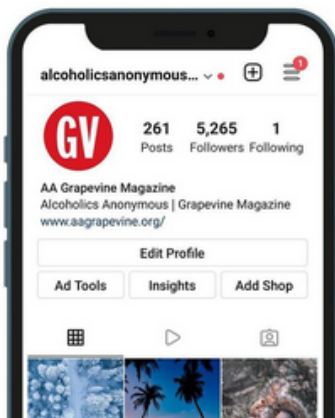
## AA Members: submit your stories, articles or poems!

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](mailto: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 February 2022

12 Step Calls - 3  
General Info - 2  
Family Help - 0  
Meeting Info - 20  
Central Office Business - 62  
Medical/Detox - 0  
Visitors - 0  
After-hours Volunteers - 14 calls

Visits to aaNCMCO.org website:  
Unique Visitors - 1,728  
Total Visits - 2,645; Visits/Visitor - 1.53  
Total Pages - 23,686; Pages/Visit - 8.96



# COR/NCMCO Board Meeting

COR/Board meetings are held every other month on the odd-numbered months. The next combined meeting will be Thursday, **May 12, 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 May 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 May 12 meeting: (828) 254-8539; [info@ncmco.net](mailto: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 2/28/2022

Prudent Reserve -  
\$11,099.22

Operating Account -  
\$22,934.86

Rent Deposit - \$400.00

Petty Cash - \$50.00

# Profit & Loss YTD

	FEB 2022	JAN - FEB, 2022 (YTD)
<b>Income</b>		
Contributions		
Birthday Contributions	20.00	20.00
Group Contributions	4,309.23	7,022.09
Individual Contributions	135.30	328.05
<b>Total Contributions</b>	<b>4,464.53</b>	<b>7,370.14</b>
Interest on Money Market	0.85	1.79
Sales Income		
Literature & merchandise	1,140.68	2,792.48
Shipping charged to groups	29.33	85.04
<b>Total Sales Income</b>	<b>1,170.01</b>	<b>2,877.52</b>
<b>Total Income</b>	<b>\$5,635.39</b>	<b>\$10,249.45</b>
Cost of Goods Sold		
Freight - vendor shipping	29.72	36.03
Inventory Shrinkage	2.04	8.83
Literature & merchandise	894.35	2,146.96
Shipping to groups	29.33	85.67
<b>Total Cost of Goods Sold</b>	<b>\$955.44</b>	<b>\$2,277.49</b>
<b>GROSS PROFIT</b>	<b>\$4,679.95</b>	<b>\$7,971.96</b>
Expenses		
Computer, Software, IT Asst		
New Computer		1,737.99
<b>Total Computer, Software, IT Asst</b>		<b>1,737.99</b>
Copier Rental		
Copier - monthly fee	167.42	334.84
<b>Total Copier Rental</b>	<b>167.42</b>	<b>334.84</b>
Office Expenses		
Office Supplies	14.99	29.98
Office Supply items	32.58	32.58
<b>Total Office Supplies</b>	<b>32.58</b>	<b>32.58</b>
PayPal Fee	12.60	29.04
Payroll Expenses		
Gross Salary (Including Taxes)	1,340.00	2,660.00
Payroll Taxes (Company)	102.52	203.51
<b>Total Payroll Expenses</b>	<b>1,442.52</b>	<b>2,863.51</b>
Rent	584.00	1,168.00
Telephone & Internet		
Office Telephone/Internet	129.98	259.96
Web Expenses	17.99	17.99
<b>Total Telephone &amp; Internet</b>	<b>147.97</b>	<b>277.95</b>
<b>Total Expenses</b>	<b>\$2,402.08</b>	<b>\$6,473.89</b>
<b>NET OPERATING INCOME</b>	<b>\$2,277.87</b>	<b>\$1,498.07</b>
<b>NET INCOME</b>	<b>\$2,277.87</b>	<b>\$1,498.07</b>



# Contributions

Group Contributions:	Feb 2022	YTD
Agnostics, Atheists & Freethinkers AA Group	\$1,200.00	\$1,200.00
As Bill Sees It-Brevard 374-290	\$50.00	\$50.00
As Bill Sees It Group 169-463		\$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	\$454.84	\$636.65
Day by Day Group 159-058		\$506.90
Early Bird Group 612-780	\$232.00	\$232.00
Fireside Group 655-046		\$187.50
Grace Group of Asheville 161-970	\$389.77	\$389.77
Happy Hour Group - Hendersonville 169-182		\$330.00
Hendersonville Women's BBSS 723-106	\$269.45	\$269.45
Joy of Living - Brevard 669-820		\$30.00
Live & Let Live - Forest City		\$50.00
Mars Hill Group 130-895	\$100.00	\$100.00
Mission Group 606-119	\$46.00	\$46.00
Mountain View Group (Highlands) 110-598		\$86.09
Practicing Principles 667-311	\$76.34	\$76.34
Recovery by the River 674-892	\$215.13	\$215.13
Safe & Sound Group 645-654	\$154.53	\$154.53
Serenity Service Group 110-498		\$431.00
Sober Sisters - Black Mtn		\$161.42
Sober Sisters - Flat Rock 725-094	\$192.00	\$192.00
South Asheville Literature	\$70.50	\$70.50
Surrender Group - Black Mtn 660-428		\$50.00
Waynesville Grace Group 110-692	\$858.67	\$858.67
Yet To Be Named Group		\$100.00
<b>Total Group Contributions:</b>	<b>\$4,309.23</b>	<b>\$7,022.09</b>

Individual Contributions:	Feb 2022	YTD
Anonymous	\$9.98	\$30.51
Judy M.		\$40.00
Katherine H.	\$20.00	\$40.00
Kay G.	\$15.00	\$30.00
Pam C.	\$5.32	\$5.32
Roland B.		\$12.22
Sandra S	\$10.00	\$20.00
Shannon K.	\$25.00	\$50.00
Sheila D.	\$20.00	\$40.00
Wm "Pat" D.	\$20.00	\$40.00
In Memory of B.G.	\$10.00	\$20.00
<b>Total Individual Contributions:</b>	<b>\$135.30</b>	<b>\$328.05</b>

Birthday Contributions:	Feb 2022	YTD
Dennis	\$20.00	\$20.00
<b>Total Birthday Contributions:</b>	<b>\$20.00</b>	<b>\$20.00</b>

<b>Mountain Doin's Subscriptions:</b>	<b>\$0.00</b>	<b>\$0.00</b>
<b>Total Contributions:</b>	<b>\$4,464.53</b>	<b>\$7,370.14</b>



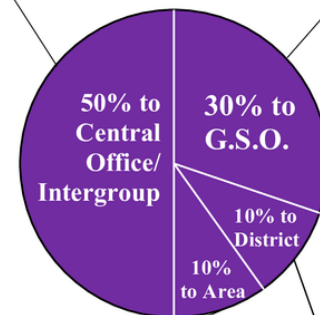
## Suggestions & Addresses for sending Donations to the A.A. Service Structure\* Revised for 2021

\* 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

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!



# In Memoriam

Milam W. - Sobriety Date 9/28/1990

This is a mix of quotes from the "We Think Not" Group:

Milam began as a neighbor 27 years ago, then a friend, then a sponsee. A shining example of genuine humility who taught his sponsor so much... He always had a hug and a smile and always genially glad to see me... I truly loved him and looked up to him... Milam was a living example of the AA program... He always found the positive in things... One of the kindest most forgiving men I ever knew... He had so much of what I wanted and the humility to profess he had nothing and didn't know s\*\*t... He always worked the Step of the month, so must I... His tears of joy for the newcomer were an inspiration and a lesson for us all... He will surely be missed until we gather again at the Big Table.

*There will be a memorial service for Milam on April 9 at 11:00am at Unity of the Blue Ridge, 2041 Old Fanning Bridge Rd, Mills River, NC 28759*

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## Jimmy (James) L. - Sobriety Date 5/25/1985

On February 21st, 2022 the AA community lost a beloved member when Jimmy L. passed away. Jimmy moved to Western North Carolina in the early 90s and was a member of the Black Mountain Group for many years. He had just shy of 37 years in recovery.



When we think of Jimmy, we think of his enormous smiles, welcoming presence, generosity, amazing hugs, and his ability to connect deeply with others with a natural ease. Jimmy had many who called him friend within and outside the rooms of AA.

Jimmy served in just about every service position possible for the Black Mountain Group, helping to keep the group centered and tradition-oriented. Most recently, he selflessly served as Chairman of the NCMCO board for two years. Jimmy believed in giving back what was so freely given to him.

Jimmy struggled with health issues for most of the past 12 years, but he never let that stop him from showing up and giving a kind word or helping hand to others.

Most importantly, Jimmy valued his relationship with his higher power, whom he leaned on in good times and in bad. He never missed an opportunity to state, "God does a better job than I do!"

The world and AA was a better place for having Jimmy present. AA has felt his loss in Black Mountain and beyond and he will be deeply missed. — Sarah Y.

*There will be a tribute to Jimmy on April 2 at 7:00pm at White Horse Black Mountain, 105 Montreat Rd, Black Mountain, NC 28711*

# Special Meetings and Events

**NOTE:** For updates please check the specific event websites or <https://aanmc.org/index.php/events/>



**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.

**AANOVALCO Step Study Workshop.** A 15-week structured program to be held on Tuesdays, 6:15pm-7:45pm, starting April 5. Calvary Episcopal Church, 2840 Hendersonville Rd, Fletcher, NC 28732. Join their private Facebook Group: <https://www.facebook.com/groups/aanaovalco> If you have any questions, email: [aanovalco@gmail.com](mailto:aanovalco@gmail.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: <https://springflingstl.com/>



**Fireside Sobriety Circle Campout.** May 5-8. Yogi in the Smokies Campground, Big Cove Road, Cherokee, NC. For more details see flyer or contact Herb by phone: 828-506-8563 or email: [firesidesobriety@gmail.com](mailto:firesidesobriety@gmail.com)

**Camel 24 Club Spring Roundup.** May 6-7. Formerly known as the Oak Island Lighthouse Retreat. In addition to speakers and fellowship, there will be golf, beach meditation, yoga, ice cream social, and barbecue. In appreciation for all the financial support from the recovery community and past retreat participants, there is no fee for this year, except for golf. Visit the website and RSVP for activities: <https://www.lighthouse-retreat.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. If you have questions, email: [gsmrc1986@gmail.com](mailto:gsmrc1986@gmail.com)

**Area 51 Spring Committee and Assembly Meeting.** June 17-19. Hilton Charlotte University Place, 8629 JM Keynes Dr, Charlotte NC 28262. See flyer for details and registration information. If you have questions, contact the Area Chair at [chair@aanorthcarolina.org](mailto:chair@aanorthcarolina.org)

**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/>

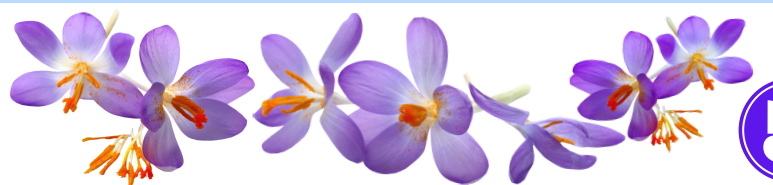


**Beyond Language, Culture & Geography: Sobriety Within Everybody's Reach.** North/South Virtual Special Forum about Remote Communities. Saturday July 16, 11:00am to 7:00pm EDT. GSO invites you to join with them as they stretch the virtual hand of A.A. from Canada and the United States to the furthest reaches of South America. For more information see flyer. If you have any questions, please contact the Regional Forums desk at GSO at the following email/phone: [northsouthconnections@aa.org](mailto:northsouthconnections@aa.org) 212-870-3400

**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/F-36\\_Box\\_4-5-9\\_Spring\\_2022.pdf](https://www.aa.org/sites/default/files/newsletters/F-36_Box_4-5-9_Spring_2022.pdf)



# The Service Express

## District 70

**GSR Business Meeting** – Usually held the 2nd Sunday of the month. The next meeting will be Sunday, **April 10, 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 the Committee Chairs through the website: <https://ashevilleaa.org/contacts/>

**Treatment Facilities Committee** – Joe L is Committee Chair. Contact him at [treatment@ashevilleaa.org](mailto: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 M: [bridgingthegapasheville70@gmail.com](mailto:bridgingthegapasheville70@gmail.com). For information on Bridging the Gap, visit the website: [www.btgww.org](http://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](mailto: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 BPDF 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](mailto: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, **April 9, 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, 1:00-4:00pm**. This will be a hybrid meeting with Zoom capability as well as a physical meeting place. Zoom Meeting ID: 820 4421 9650; Passcode: District80 The physical location will be Meridian Behavioral Health, 44 Bonnie Ln, Sylva, NC 28779. Use back entrance. Proceed into the parking lot and go behind the building to park in the staff parking area and enter on the left side (facing rear of building). 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](mailto: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, **May 12, 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](mailto: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](mailto:webmaster@aawnc80.com)



# Happy Anniversary!

## 3 Legacies Group

Craig F. 4-26-2017 5 yrs

## Acceptance Group

Nancy ER 4-05-2004 18 yrs

Morgan M. 4-07-2021 1 yr

Ocean S. 4-09-1971 51 yrs

Terri G. 4-14-2021 1 yr

Bill V. 4-25-2005 17 yrs

## Back to Basics Group - Weaverville

Perry B. 4-15-1996 26 yrs

## Black Mountain Group

Laura B. 4-04-1989 33 yrs

Jack F. 4-04-1991 31 yrs

Renee H. 4-27-2007 15 yrs

## Brevard Serenity Group

Sonia G. 4-02-2014 8 yrs

Laura J. 4-12-1977 45 yrs

Don O. 4-17-1987 35 yrs

Edie 4-24-2013 9 yrs

## Burnsville Group

Ila S. 4-07-2008 14 yrs

Jack L. 4-15-1980 42 yrs

Harold H. 4-21-2001 21 yrs

Jennifer 4-23-2015 7 yrs

Linda 4-30-2008 14 yrs

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

Briget S. 4-18-2018 4 yrs

## Conscious Contact

Kathleen O. 4-01-1992 30 yrs

Susan A. 4-09-2017 5 yrs

John H. 4-16-2017 5 yrs

John G. 4-29-1980 42 yrs

## Cumberland Group

Pete B. 4-19-2005 17 yrs

## Daily Decisions Group

Brad D. 4-23-1990 32 yrs

## Fellowship Group

Eric M. 4-08-2004 18 yrs

Ken W. 4-24-1990 32 yrs

Adaire T. 4-28-2018 4 yrs

Patty B. 4-28-2012 10 yrs

## Good Livers

Jennings G. 4-01-2016 6 yrs

Cathy E. 4-03-2011 11 yrs

Cynthia L. 4-03-2016 6 yrs

T.J. B. 4-04-1980 42 yrs

Nikki M. 4-15-1989 33 yrs

Zoe H. 4-20-1987 35 yrs

## Grace Group

Amanda R. 4-01-2018 4 yrs

Andrew M. 4-04-2017 5 yrs

Rob H. 4-11-2020 2 yrs

Frank T. 4-17-2011 11 yrs

Katie B. 4-19-2020 2 yrs

Mary P. 4-20-2017 5 yrs

Brian M. 4-22-1978 44 yrs

Michelle J. 4-24-2005 17 yrs

Stuart P. 4-29-2002 20 yrs

Riley H. 4-29-2015 7 yrs

Beth T. 4-30-1993 29 yrs



## Happy Hour Group

Lucy H. 4-15-1988 34 yrs

Bettina McM. 4-20-2019 3 yrs

## Hendersonville Group

Chet 4-01-1978 44 yrs

Tabby D. 4-01-2019 3 yrs

## Hendersonville Men's Group

Eric M. 4-08-2004 18 yrs

## Lambda Group

Mike M. 4-11-1979 43 yrs

Warren M. 4-20-1982 40 yrs

Phil L. 4-20-2021 1 yr

## Leicester Group

Bob F. 4-21-1983 39 yrs

## Library Group

Lucy B. 4-16-1985 37 yrs

## Mars Hill Group

Frank T. 4-08-2007 15 yrs

## Mission Group

Tina A. 4-24-2016 6 yrs

## Montford Storytellers Group

Mary Lou B. 4-03-2021 1 yr

## On Awakening

Beth M. 4-29-2008 14 yrs

## Riverside - Last Chance Group

Tommy L. 4-01-2009 13 yrs

## Total Surrender Group

Patrick M. 4-04-2014 8 yrs

Bill G. 4-10-1997 25 yrs

Mike M. 4-11-1979 43 yrs

Leslie B. 4-11-2013 9 yrs

Roy S. 4-15-2007 15 yrs

Steve H. 4-21-2017 5 yrs

## Traditional Group

Michael W. 4-08-2012 10 yrs

Holly 4-19-2018 4 yrs

## Waynesville Grace Group

Doug B. 4-06-2021 1 yr

## West Asheville Group

Rob 4-23-2004 18 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](mailto:info@ncmco.net)

The May newsletter deadline for sending in anniversaries and announcements is April 15.



# 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.

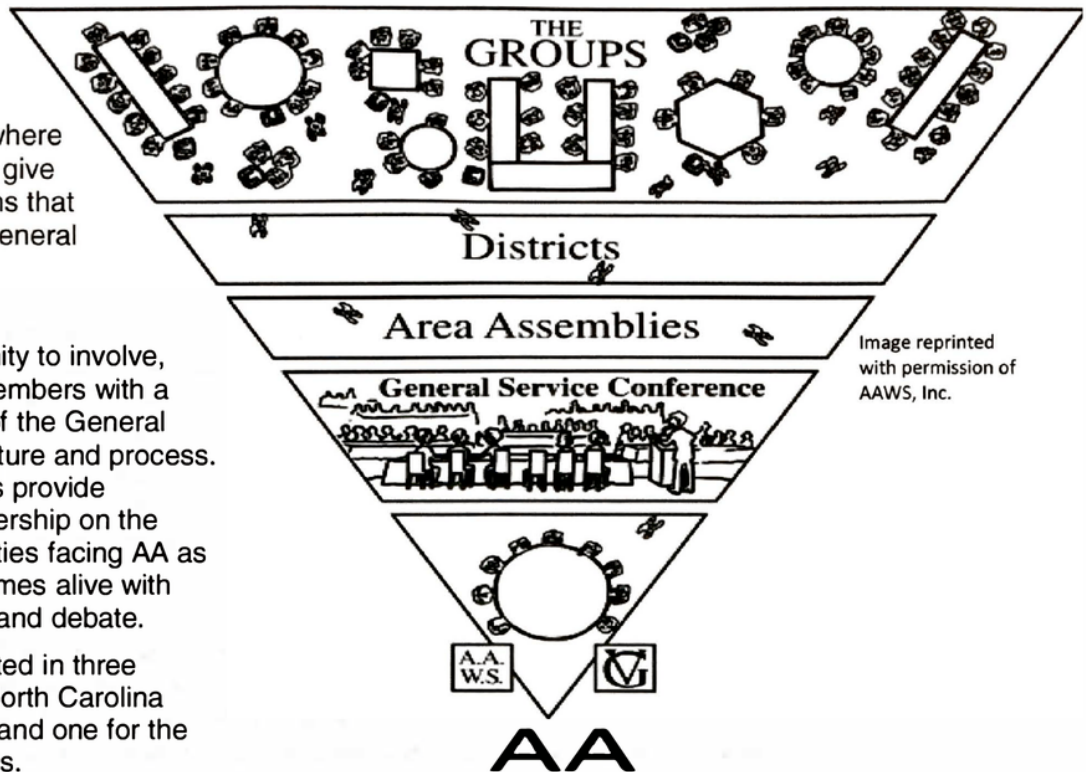
Pre-Conferences are hosted in three geographical regions of North Carolina (East, Central and West) and one for the Spanish Linguistic Districts.

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



# 14<sup>th</sup> 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](http://www.springflingstl.com)

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

Registration Chair – Kiersten J. 636-212-4281

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

### FREE PARKING

**PLEASE REGISTER EARLY!!!**



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



# FIRESIDE SOBRIETY CIRCLE



**STRENGTH**

**KINDNESS**

**HONESTY**

**SHARING**



# CAMPPOUT

**May 5-8, 2022**

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

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

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

Registration begins ***Thursday after the Sacred Fire is lit!***

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

**NO PETS AT TENT SITES**

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

**PRE-REGISTRATION: \$55 per PERSON** (kids under 10 are FREE, 11-12y/o \$15. and 13-18 \$20). \$60 at the Gate.  
**Price includes breakfast and dinner & tent/camper site for three (3) nights Lunch is on your own.**  
**Early Registration ends May 3, 2022**

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

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

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

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

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

**Cut & Mail Registration Form by May 3rd**  
**With Checks Made Payable to: Fireside Spring 2022**

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



# Camel 24 Club Spring Roundup



## Appreciation Celebration

May 6 & 7, 2022

4805 Port Loop Road, Southport NC 28461

Since 1996 members of Alcoholics Anonymous and Al-Anon Family Groups have been coming to the coast of North Carolina where the Cape Fear River and the Atlantic Ocean merge. In early May we take a few days to reflect on our progress and recharge our serenity. Since the Pandemic, we have postponed twice. We are now back on for the spring of 2022 but at a new location! The new venue, the Camel 24 Club, will allow for better social distancing. Hence the new name.

In appreciation of the support from the recovery community during these trying times, there will be no fee. There is no registration, but to help us plan please sign up on the website [lighthouse-retreat.com](http://lighthouse-retreat.com) or email [oiretreat@gmail.com](mailto:oiretreat@gmail.com) to RSVP for events.

### Schedule:

#### Friday May 6<sup>th</sup>

4:00 p.m. Guided meditation on Oak Island beach at McGlamery St. by Shannon D.

6:00 p.m. Speaker Tom K., Haymarket VA. Ice cream social to follow.

#### Saturday May 7<sup>th</sup>

10:00 a.m. Speaker Katy P., Oak Island NC.

Noon Golf outing at Oak Island Golf course (pay at the course).

Noon Yoga by Shannon D. at [Rebel Soul](#) studio 817 N Howe St. Unit 4

5:00 p.m. Social and games at the club.

6:00 p.m. Barbecue

7:00 p.m. Speaker Billy N., Buford GA.

For more information call Pat N. 804.921.3895 or visit the website [lighthouse-retreat.com](http://lighthouse-retreat.com).

Donations will be accepted during the event. Donations can also be mailed to:

Camel 24 Club

PO Box 235

Oak Island, NC 28465



**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](mailto:gsmrc1986@gmail.com)

Donna S 865-789-4653

**No Pets Allowed in Meetings**

# **Area 51 Spring Committee & Assembly Meeting June 17-19, 2022**

**THE HILTON CHARLOTTE UNIVERSITY PLACE**  
8629 JM Keynes Drive, Charlotte, NC 28262

## **ADVANCE HOTEL INFORMATION**

**Deadline for Reservations: Friday May 13, 2022**

**Group Code: NCGSC**

**Room Rates: \$125.00 Single/Double**

**Phone: 704-547-7444 or 800-445-8667 [1-800-HILTONS]**

**Link for direct reservations: <https://tinyurl.com/cbahryf4>**

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

### **For Best Results:**

- Reserve as soon as possible and definitely before the deadline. Please note, once the rooms in our block sell out, it's unlikely there will be other rooms left in the hotel.
- Using the direct reservation link will ensure the contracted rate and apply to the room block.
- **PLEASE MAKE YOUR RESERVATIONS EARLY!**
- If you reserve by phone, be sure to specify the group code "NCGSC".
- If possible, call the Hilton Charlotte University Place directly at 704-547-7444 during business hours Monday through Friday. This gives you the best chance to speak with a reservations clerk at the hotel. At other times - when the hotel clerks are busy -- calls to this number may be transferred to a regional reservations center.
- Always be sure to get a confirmation number.
- If you have ANY trouble with room rate or availability, please contact the Area Chair at [chair@aanorthcarolina.org](mailto:chair@aanorthcarolina.org).

**Thank you for your service and support of Area 51. See you at the  
Spring 2022 Committee and Assembly!**





# 75<sup>th</sup> 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](http://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](http://www.aanconvention.com)

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

Consider buying a sponsorship for those less fortunate



## 75<sup>th</sup> North Carolina State Convention

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

Please direct all communications to:

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

March 11, 2022

## ***Beyond Language, Culture & Geography: Sobriety Within Everybody's Reach***

### **North/South Special Forum about Remote Communities**

We invite you to join with us as we stretch the virtual hand of A.A. from Canada and the United States to the furthest reaches of South America, on Saturday July 16, 2022, from 11:00am to 7:00-pm EDT.

Please see the attached Flyer and memo regarding the Special Forum.

If you have any questions, please contact the Regional Forums desk at GSO at the following email/phone: [northsouthconnections@aa.org](mailto:northsouthconnections@aa.org) 212-870-3400

*James H.*

James H.  
Regional Forums Coordinator  
GSO Staff  
GSO U.S./Canada

**SAVE THE DATE**

*“Beyond Language, Culture and Geography: Sobriety Within Everybody's Reach.”*

**Alcoholics Anonymous®**  
**North/South Virtual Special Forum about Remote Communities**

Interpretation available in English, French and Spanish.  
The event will be open to all members.  
Registration and agenda information to follow.  
**Saturday, July 16, 2022**

ARGENTINA CANADA UNITED STATES CHILE



Please direct all  
communications to:

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

***Beyond Language, Culture &  
Geography: Sobriety Within  
Everybody's Reach***

**North/South Special Forum about Remote  
Communities**

We invite you to join with us as we stretch the virtual hand of A.A. from Canada and the United States to the furthest reaches of South America, on Saturday July 16, 2022, from 11:00am to 7:00-pm EDT.

Our Special Forum on July 16, co-ordinated by the US/Canada General Service Office, builds on the success of the first North/South Forum held in May 15 of 2021. Three AA service structures and four countries are involved in the planning, and we welcome our friends to the south, Argentina and Chile, as partners in the project. Members of the Fellowship in each of those countries face many of the same challenges as are faced in remote areas and communities of North America in terms of connecting to other A.A. members, other groups, their Areas and A.A. as a whole. This Special Forum opens the definition of "remote" to include the challenges of not just geography (which was the focus of the May event), but also of language and of culture.

The main objective is to bring members throughout our home "zone" together for direct sharing of experience, strength and hope.

There will be three, two-hour sessions, with topics being considered including "AA's Language of the Heart", "Hidden Communities: How Do We Find Them", and "Strengthening our Structure Through Connections". There will be Q & A sessions after every panel, as well as videos from all four of the participating partner countries. English, French and Spanish interpretation will be available.

As the topics are being developed, and the program is confirmed, we will be "speaker-seeking" throughout the US and Canada. We are also pleased that there will be broad opportunity to attend the event on July 16. We encourage everyone who can, to attend!

Registration and agenda information will be available on [aa.org](http://aa.org). If you have any questions in the meantime, please contact the Regional Forums desk at GSO at the following email/phone: [northsouthconnections@aa.org](mailto:northsouthconnections@aa.org) 212-870-3400

The use of virtual technology is allowing us an unprecedented opportunity to share with our fellow members in a very profound way. We look forward to joining with you in extending the hand of AA up and down the shared degree of latitude between the north and the south.