

Mountain Doin's

**JULY
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



Back to Jail

by Dani M. - Charleroi, PA

She knew what she had to do. Little did she know it would open a door to something she loves.

My first experience with AA in jail came when I got slapped with a habitual-offender offense for drinking and driving. My first two offenses came with lenient sentences.

This time however, they threw me in a pod with a bunch of ladies who sat around in circles several times a day chanting rules and prayers. I was told I didn't have to participate unless I thought I was an alcoholic. I could watch TV if I preferred, provided I kept the volume way down so I wouldn't interrupt the meeting. Only one other girl there was granted this same "freedom." She and I got special privileges and I was really glad I didn't have to be a part of that cult.

Soon I was moved to a new pod—one that was loud and crazy, with cussing, name-calling, contraband and fighting. The atmosphere in this pod was much different than the one I had come from. I figured I'd just keep to myself, do my time and get out of there as soon as I could so I could put this jail thing behind me. I stayed for 10 days, paid fines and was mandated to attend AA meetings as part of my release from jail.

When I got out, I forged signatures on my AA meeting slips and failed breathalyzers in my DUI classes. I lost my license and eventually my job, since I always smelled like alcohol. I now had the opportunity to move back to my home state and be near my family again. I soon found my old home to be a great place—a great place to drink. Liquor got ahold of me once again and took me down for the last time. I got so bad I was almost dead. I needed help. When I went to an AA meeting, I had no memory of heading back to what I had thought was a cult, but I had no choice. I had to seek help or just give up and die.

I looked at the banners of the Steps hanging on the wall and I knew right there that Step Nine was going to cost me money and probably some jail time. At three years sober, I got to cash in on the suspended jail time that hung over my



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head for not successfully completing my DUI classes in that other state. I packed my bags, jumped on a plane and went to make my amends. I spent a whole day trying to go before a judge who would hear my plea. Finally, I got to go to jail.

After my release, I signed up to be an AA volunteer to take meetings into our county jail. Besides carrying the message of hope inside, I wanted to help make sure other alcoholics who were incarcerated did not look at AA meetings behind bars as a cult the way I once did. I loved service work and wanted to step up my game in sobriety. I began taking meetings into a maximum security, all-male facility and I still do so today. The guys in that group are amazing.

One day I dropped my motorcycle in an accident and broke my leg and was unable to attend the prison meetings for a few months. I felt depressed about missing my fellow alcoholics behind bars. The guys heard I wasn't doing my best and they got together and sent me a get-well card. It was signed by all the members of that group. It even included a little joke, written by one of the guys, which read, "And you're supposed to teach us about balance?" These guys are not a glum lot!

Later I moved on to service as an area corrections chair. I'm so glad I'm able to give back to alcoholics behind the walls who need us. More of us should do this type of service. I like to think of the joy it brings me as the "thirteenth promise."

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July Grapevine now available!



The Annual Prison Issue

This month's featured section is the "Annual Prison Issue." Members from inside and outside share powerful stories about getting and staying sober in prison.

<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>



Story Solicitation for Fifth Edition of the Book *Alcoholics Anonymous — Big Book*

In response to the 2021 General Service Conference Advisory Action requesting the development of a Fifth Edition of the book *Alcoholics Anonymous*, the A.A. General Service Office trustees' Literature Committee is seeking a wide range of A.A. recovery experience of members in the Fellowship.

The trustees' Literature Committee is searching for recovery stories of A.A. members for possible inclusion in the Fifth Edition which are from a broad cross-section of our local communities. All stories are of value. It is the Literature Committee's shared hope that any new stories from current membership will help future alcoholics to identify and find recovery in the pages of a Fifth Edition.

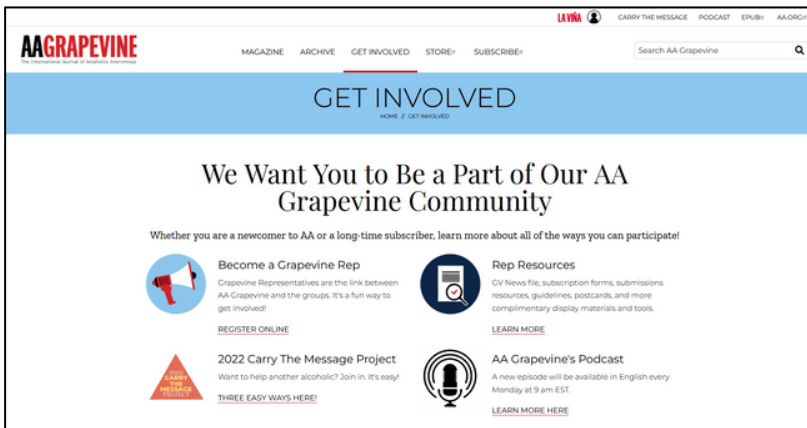
Deadline for submissions: October 31, 2022

Online submission: <https://www.aa.org/submit-bigbook-english-5th>



See flyer at the end of the newsletter for more info.

Grapevine "Get Involved" page



Whether you are a newcomer to AA or a long-time subscriber, learn more about all of the ways you can participate!

Visit the page here:

<https://www.aagrapevine.org/get-involved>



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 May 2022

12 Step Calls - 9
General Info - 9
Family Help - 2
Meeting Info - 30
Central Office Business - 54
Medical/Detox - 0
Visitors - 0
After-hours Volunteers - 25 calls



Visits to aancmco.org website:
Unique Visitors - 1,383
Total Visits - 2,658; Visits/Visitor - 1.92
Total Pages - 76,713; Pages/Visit - 28.86



COR/NCMCO Board Meeting

COR/Board meetings are held every other month on the odd-numbered months. The next combined meeting will be Thursday, **July 14, 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 so we encourage your group to elect a COR. Your input is important to us!

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 5/31/2022

Prudent Reserve -
\$11,102.01

Operating Account -
\$23,522.52

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

Profit & Loss YTD

| | MAY 2022 | JAN - MAY, 2022 (YTD) |
|---------------------------------------|-------------------|-----------------------|
| Income | | |
| Contributions | | |
| Birthday Contributions | | 20.00 |
| Group Contributions | 2,156.78 | 13,891.57 |
| Individual Contributions | 139.37 | 1,027.04 |
| Total Contributions | 2,296.15 | 14,938.61 |
| Interest on Money Market | 0.94 | 4.58 |
| Sales Income | | |
| Literature & merchandise | 2,065.40 | 8,624.88 |
| Shipping charged to groups | 37.88 | 198.60 |
| Total Sales Income | 2,103.28 | 8,823.48 |
| Total Income | \$4,400.37 | \$23,766.67 |
| Cost of Goods Sold | | |
| Cost of Goods Sold | | |
| Freight - vendor shipping | 33.53 | 114.07 |
| Inventory Adjustments | 6.66 | 28.33 |
| Literature & merchandise | 1,704.82 | 6,861.83 |
| Shipping to groups | 37.88 | 199.23 |
| Total Cost of Goods Sold | 1,782.89 | 7,203.46 |
| Total Cost of Goods Sold | \$1,782.89 | \$7,203.46 |
| GROSS PROFIT | \$2,617.48 | \$16,563.21 |
| Expenses | | |
| Computer Expenses | | 1,950.92 |
| Copier Expenses | | |
| Copier - monthly fee | 440.43 | 2,107.06 |
| Total Copier Expenses | 440.43 | 2,107.06 |
| Credit Card Processing | | |
| PayPal Fee | 13.23 | 77.31 |
| Total Credit Card Processing | 13.23 | 77.31 |
| Office Expenses | 14.99 | 74.95 |
| Office Supplies | 32.09 | 160.94 |
| Payroll Expenses | | |
| Gross Salary | 2,010.00 | 7,350.00 |
| Payroll Taxes (Company) | 153.78 | 562.33 |
| Total Payroll Expenses | 2,163.78 | 7,912.33 |
| Rent | 604.00 | 2,960.00 |
| Stamps/Postage | 7.38 | 7.38 |
| Telephone & Internet | | |
| Office Telephone/Internet | 129.98 | 649.90 |
| Web Expenses | 199.30 | 217.29 |
| Total Telephone & Internet | 329.28 | 867.19 |
| Total Expenses | \$3,605.18 | \$16,118.08 |
| NET OPERATING INCOME | \$ -987.70 | \$445.13 |
| NET INCOME | \$ -987.70 | \$445.13 |



| Group Contributions: | May 2022 | YTD |
|---|-------------------|--------------------|
| Acceptance Group 122-477 | | \$613.42 |
| Agnostics, Atheists & Freethinkers AA Group | | \$1,200.00 |
| As Bill Sees It-Brevard 374-290 | | \$50.00 |
| As Bill Sees It Group 169-463 | | \$10.00 |
| At Wit's End Group | | \$257.78 |
| Big Town Group 671-200 | | \$276.30 |
| Black Mountain Lakeside Group of A.A. | | \$85.00 |
| Brevard Serenity Group 631-231 | | \$127.50 |
| But for the Grace of God Group 629-162 | | \$22.00 |
| Candler KISS Group 163-148 | \$50.00 | \$50.00 |
| Cashiers Valley Grp 122-589 | | \$558.55 |
| Conscious Contact Group - Asheville | | \$200.00 |
| Cumberland Group 122-472 | \$250.00 | \$250.00 |
| Daily Decisions 643-869 | \$193.60 | \$830.25 |
| Day by Day Group 159-058 | | \$1,152.64 |
| Early Bird Group 612-780 | | \$232.00 |
| Fellowship Group, Fletcher 655-542 | \$500.00 | \$500.00 |
| Fireside Group 655-046 | | \$312.50 |
| Grace Group of Asheville 161-970 | \$808.18 | \$1,197.95 |
| Happy Hour Group - Hendersonville 169-182 | | \$330.00 |
| Hendersonville Men's Group | | \$50.00 |
| Hendersonville Women's BBSS 723-106 | | \$269.45 |
| Joy of Living - Brevard 669-820 | | \$30.00 |
| Liars Club | \$180.00 | \$180.00 |
| Live & Let Live - Forest City | | \$50.00 |
| Mars Hill Group 130-895 | | \$100.00 |
| Marshall Group 100-489 | | \$150.00 |
| Mission Group 606-119 | | \$46.00 |
| Mountain View Group (Highlands) 110-598 | | \$86.09 |
| New Freedom Group 700-124 | \$100.00 | \$100.00 |
| Practicing Principles 667-311 | | \$76.34 |
| Recovery by the River 674-892 | | \$215.13 |
| Roundtable Group 135-605 | | \$150.00 |
| Safe & Sound Group 645-654 | | \$213.43 |
| Saturday Morning Men's Meeting | \$75.00 | \$150.00 |
| Serenity Service Group 110-498 | | \$766.00 |
| Sober Sisters - Black Mtn | | \$161.42 |
| Sober Sisters - Flat Rock 725-094 | | \$192.00 |
| Solutions Group 719-512 | | \$548.53 |
| South Asheville Literature | | \$70.50 |
| Surrender Group - Black Mtn 660-428 | | \$50.00 |
| The 164 Group | | \$17.12 |
| The Principles Group 675-162 | | \$100.00 |
| Waynesville Grace Group 110-692 | | \$858.67 |
| We Think Not Group 700-411 | | \$90.00 |
| Women of Courage Group 688-025 | | \$750.00 |
| Yet To Be Named Group | | \$100.00 |
| Young People's Group 645-646 | | \$65.00 |
| Total Group Contributions: | \$2,156.78 | \$13,891.57 |
| Individual Contributions: | May 2022 | YTD |
| Anonymous | \$19.37 | \$66.50 |
| Annie B. | | \$3.00 |
| Dagmar A. | | \$200.00 |
| Jill L. | | \$50.00 |
| Judy M. | | \$40.00 |
| Katherine H. | \$20.00 | \$100.00 |
| Kay G. | \$15.00 | \$75.00 |
| Margaret N. | | \$50.00 |
| Pam C. | | \$5.32 |
| Roland B. | | \$12.22 |
| Sandra S | \$10.00 | \$50.00 |
| Shannon K. | \$25.00 | \$125.00 |
| Sheila D. | \$20.00 | \$100.00 |
| Wm "Pat" D. | \$20.00 | \$100.00 |
| In Memory of B.G. | \$10.00 | \$50.00 |
| Total Individual Contributions: | \$139.37 | \$1,027.04 |

Contributions

| Birthday Contributions: | May 2022 | YTD |
|--------------------------------------|-----------------|----------------|
| Anonymous | | \$0.00 |
| Dennis | | \$20.00 |
| Total Birthday Contributions: | \$0.00 | \$20.00 |

| Mountain Doin's Subscriptions: | May 2022 | YTD |
|---------------------------------------|-----------------|------------|
| | \$0.00 | \$0.00 |

| Total Contributions: | May 2022 | YTD |
|-----------------------------|-------------------|--------------------|
| | \$2,296.15 | \$14,938.61 |

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!

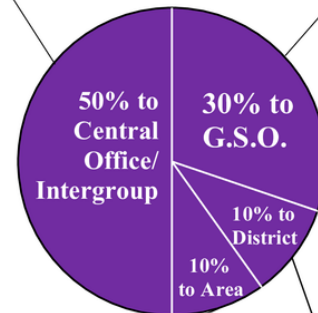
Suggestions & Addresses for sending Donations to the A.A. Service Structure* Revised for 2021

* 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

Notes on Step Seven

by Bob S. - Richmond, IN

There was true humility and deep surrender by asking God to “take all of me,” both the “good” and the “bad.” This was an admission that I could not trust myself to differentiate between the two. I almost drank after five months sobriety before going into the 12-step process with my sponsor. He wisely pointed out the obvious fact that my mind lied to me. It was not to be trusted! I needed a higher power (God) to see the truth about myself. What an ego-shattering revelation! Yet, it was necessary to give up on myself and trust God to take over my recovery. Someone said: “Self cannot rid self of self with self.”

I often hear long dissertations of what Bill W. meant by “shortcomings” and “defects of character” in Step Seven. Though it may be impossible to overstate the importance of dictionaries, Bill W. uses these words to mean the same thing. Let us look at how he came about phrasing Steps Six and Seven in the book, *Alcoholics Anonymous*:

Page 59, Step Seven: “Humbly asked Him to remove our “shortcomings.”

Page 76, Step Seven: “I pray that you now remove from me every “defect of character” that stands in the way of my usefulness to you and my fellows.” Consequently, it is easy to see that Bill meant for us to absorb these two words as “twins.”

I wondered why the closing word “Amen” was not used in the many prayers of the steps leading up to Step Seven. It was explained to me that this word can be used as a summary of previously connected facts, e.g.:

In Step Three, we asked to be relieved of the bondage of self, but we did not know what that was. Not complete. No Amen!

In Step Four, we only partially realize the nature of said bondage. Not complete. No Amen!

In Step Five, our sponsor may provide deeper insights of the bondage. Not complete. No Amen!

In Step Six, we become willing to ask God to remove this bondage. Not complete. No Amen!

In Step Seven, now that we have a much better insight of our bondage and are willing to be rid of our defects and shortcomings, we are now ready to ask God for help. We have completed the necessary prerequisites. The summary has been completed—consequently Bill adds the word, Amen.

So be it.



Special Meetings and Events



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



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/>



Unity & Service Conference. July 8-10. The Hilton – Concord, CA. See flyer. For more information email: info@unityandserviceconference.org or call: 925-222-5639, or visit their website: <https://www.unityandserviceconference.org/>



Tech in AA Meetup. Saturday **July 9, 10:00am.** Do you have ideas about using technology in WNC to carry the A.A. message or skills to help technology work better for A.A.? Come and share your thoughts and expertise! Green Sage Café, 633A Merrimon Ave, Asheville 28804

Beyond Language, Culture & Geography: Sobriety Within Everybody's Reach. North/South Virtual Special Forum about Remote Communities. Saturday **July 16, 11:00am to 7:00-pm 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 - 212-870-3400

District 71 Movie Night! “Bill W. and Dr. Bob” - Saturday **August 6, 5:30pm.** St. Timothy United Methodist Church, 1020 Asheville Hwy, Brevard 28712. See flyer for more details.

SMAACC 8 (Southern Motorcyclists in Alcoholics Anonymous Camping Convention) **August 26-28.** Fall Creek Falls State Park, Pikeville, TN 37367. See flyer for details and registration form.



Serenity in the Scenic City. August 26-28. DoubleTree by Hilton, 407 Chestnut St, Chattanooga, TN 37402. See flyer for details and registration form, or go to the website: <https://www.serenityinthesceniccity.org/>



Fireside Sobriety Circle Campout. September 8-11. Yogi in the Smokies Campground, Big Cove Road, Cherokee, NC 28719. For more details see flyer or contact Herb by phone: 828-506-8563 or email: firesidesobriety@gmail.com

NC Area 51 Conferences & 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



The Service Express

District 70

GSR Business Meeting – held the 2nd Sunday of the month. The next meeting will be **July 10, 2:30-3:30pm**, via Zoom – Meeting ID: 933 8500 3069; Passcode: 672458. 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. There are even more service opportunities than those listed here! Contact the committee chairs at the email addresses listed or through the website: <https://ashevilleaa.org/contacts/>

Accessibilities Committee – If anyone is interested in being a part of this committee, or has any questions on what Accessibilities does, they meet on the first Wednesday of the month on Zoom. Please reach out! Contact the Chairperson, Scott S., at accessibilitiescommittee@ashevilleaa.org

Archives Committee needs you! The Archives Committee wants AA members to help compile a complete list of group histories, record interviews with old-timers, and collect classic AA literature. It's fun AND it's service work! Contact the Chairperson, Stacy R., for more information at archives@ashevilleaa.org

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.

Corrections Committee – The jails and prisons are beginning to allow volunteers in again. For information on how to get involved, contact Tammy Z, the Women's Corrections Chair, at corrections_women@ashevilleaa.org. They are still looking for a new Men's Corrections Chair. If you are interested in this position, attend the next GSR meeting.

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

Literature and Grapevine Committee – They have a new chairperson for this committee – Maria E. She is seeking committee members! The focus of the committee 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 you are interested in volunteering, please attend the next GSR meeting.

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, please contact the Bridging the Gap Chair, Matt M., or Co-chair, Jane M., at bridgingthegapasheville70@gmail.com. For more information on Bridging the Gap, visit the website: www.btgww.org

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, **July 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 beginning to allow volunteers back in. Scheduling is in the works. There are also several committee positions that need filling. If you are interested in volunteering, please come to the next GSR meeting. For more information, contact Liz, the DCM, through the website: <https://www.nc71.org/contact>

District 80

GSR Meeting – held quarterly. The next meeting will be Sunday, **July 17, 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. Park behind the building in the staff parking area and enter on the left side (facing rear of building). All interested A.A. members are welcome to attend. For more information go to their website: <http://aawnc80.com/events>

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, **July 14, 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!

There is a 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/>

Combined COR/NCMCO Board meeting – The next meeting will be Thursday, **July 14, 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!

3 Legacies Group

| | | |
|----------|-----------|--------|
| Debra J. | 7-28-1986 | 36 yrs |
| Jeff R. | 7-28-2002 | 20 yrs |

Acceptance Group

| | | |
|----------|-----------|--------|
| Kevin G. | 7-11-1992 | 30 yrs |
| Bart B. | 7-19-1982 | 40 yrs |
| Ken A. | 7-20-2002 | 20 yrs |
| Dee A. | 7-29-2003 | 19 yrs |

Back to Basics Group - Weaverville

| | | |
|---------------|-----------|--------|
| Christopher C | 7-04-2019 | 3 yrs |
| Jennifer S. | 7-05-2019 | 3 yrs |
| Morene B. | 7-08-2002 | 20 yrs |

Black Mountain Group

| | | |
|------------|-----------|-------|
| Brandon C. | 7-05-2021 | 1 yr |
| Margaret H | 7-16-2015 | 7 yrs |

Brevard Serenity Group

| | | |
|--------------|-----------|--------|
| Elizabeth H. | 7-05-1987 | 35 yrs |
| Ashley B. | 7-06-2019 | 3 yrs |
| Claudia S. | 7-07-2006 | 16 yrs |
| Barry | 7-22-1977 | 45 yrs |
| Anita W. | 7-26-1985 | 37 yrs |

Candler K.I.S.S. Group

| | | |
|------------|-----------|--------|
| David T. | 7-11-1990 | 32 yrs |
| Harriet K. | 7-18-1988 | 34 yrs |

Conscious Contact Group

| | | |
|------------|-----------|-------|
| Scott T. | 7-08-2017 | 5 yrs |
| Destiny V. | 7-13-2017 | 5 yrs |

Cumberland Group

| | | |
|------------|-----------|--------|
| Michael M. | 7-20-2014 | 8 yrs |
| David T. | 7-21-1993 | 29 yrs |

Daily Decisions Group

| | | |
|-----------|-----------|--------|
| Jane A. | 7-05-2012 | 10 yrs |
| Ray S. | 7-10-1984 | 38 yrs |
| Debbie Q. | 7-22-2016 | 6 yrs |

Fellowship Group

| | | |
|------------|-----------|--------|
| Brad | 7-05-2021 | 1 yr |
| Kevin G | 7-11-1992 | 30 yrs |
| Karin P | 7-12-2021 | 1 yr |
| Kim C | 7-13-2011 | 11 yrs |
| Will L | 7-15-2019 | 3 yrs |
| Jennifer W | 7-16-2021 | 1 yr |
| Jackie S | 7-17-2021 | 1 yr |
| Kathy M-A | 7-24-1986 | 36 yrs |
| Matty D | 7-29-2015 | 7 yrs |

Good Livers Group

| | | |
|-----------|-----------|--------|
| Carolyn | 7-02-2018 | 4 yrs |
| Jan W. | 7-18-2008 | 14 yrs |
| Judith H. | 7-30-2012 | 10 yrs |

Grace Group

| | | |
|--------------|-----------|--------|
| George P. | 7-01-2008 | 14 yrs |
| Rob F. | 7-01-2011 | 11 yrs |
| Beck B. | 7-01-2019 | 3 yrs |
| William H. | 7-02-2019 | 3 yrs |
| Matt J. | 7-10-2002 | 20 yrs |
| Carol V. | 7-10-2007 | 15 yrs |
| Molly K. | 7-15-2016 | 6 yrs |
| Rhiannon B. | 7-20-2020 | 2 yrs |
| Laura B. | 7-21-2015 | 7 yrs |
| Elizabeth H. | 7-26-2006 | 16 yrs |
| Beverly R. | 7-26-2019 | 3 yrs |
| Michael McD. | 7-27-1987 | 35 yrs |
| Eric R. | 7-28-2018 | 4 yrs |
| Victoria B. | 7-28-2020 | 2 yrs |
| Shaun P. | 7-31-2021 | 1 yr |

Happy Hour Group

| | | |
|------------|-----------|--------|
| Pepper O. | 7-05-2015 | 7 yrs |
| David O'K. | 7-15-1997 | 25 yrs |

Hendersonville Group

| | | |
|------------|-----------|--------|
| Laura M | 7-07-1989 | 33 yrs |
| Valerie K. | 7-12-2004 | 18 yrs |
| Joanne T. | 7-15-1991 | 31 yrs |
| Larry L. | 7-18-1985 | 37 yrs |
| Jayne J. | 7-25-2020 | 2 yrs |

Hendersonville Men's Group

| | | |
|------------|-----------|--------|
| Merritt J. | 7-04-1994 | 28 yrs |
| Nate F. | 7-12-1998 | 24 yrs |
| Sean S. | 7-17-2013 | 9 yrs |
| Mike L. | 7-21-2019 | 3 yrs |
| Charlie R. | 7-21-2019 | 3 yrs |

Lambda Group

| | | |
|-------------|-----------|-------|
| Victoria C. | 7-02-2015 | 7 yrs |
| Taylor T. | 7-03-2021 | 1 yr |

Leicester Group

| | | |
|-----------|-----------|--------|
| Debbie W. | 7-04-2008 | 14 yrs |
|-----------|-----------|--------|

Montford Storytellers Group

| | | |
|---------|-----------|--------|
| Mike Mc | 7-05-2018 | 4 yrs |
| Kim L. | 7-12-2010 | 12 yrs |

Motley Crew/Columbus

| | | |
|------------|-----------|--------|
| Sarah O. | 7-03-1988 | 34 yrs |
| Deirdre G. | 7-04-1977 | 45 yrs |
| Lexa M. | 7-08-2021 | 1 yr |
| Barbara S. | 7-30-2017 | 5 yrs |

On Awakening

| | | |
|--------|-----------|------|
| Bev S. | 7-03-2021 | 1 yr |
|--------|-----------|------|

Out to Lunch Bunch

| | | |
|--------|-----------|--------|
| Pat D. | 7-12-2013 | 9 yrs |
| Jan C. | 7-23-1986 | 36 yrs |
| Tom T. | 7-28-1988 | 34 yrs |

Phoenix Group

| | | |
|---------|-----------|--------|
| Gail M. | 7-03-2009 | 13 yrs |
|---------|-----------|--------|

Serenity Seekers - Marion

| | | |
|------------|-----------|-------|
| Courtney R | 7-29-2019 | 3 yrs |
|------------|-----------|-------|

Traditional Group

| | | |
|-----------|-----------|-------|
| Larry B. | 7-21-2017 | 5 yrs |
| Bill D. | 7-25-2018 | 4 yrs |
| Justin B. | 7-27-2013 | 9 yrs |

Waynesville Grace Group

| | | |
|----------|-----------|--------|
| Judy L. | 7-04-2010 | 12 yrs |
| Carol T. | 7-15-1975 | 47 yrs |
| Bill S. | 7-16-1982 | 40 yrs |
| Jeff U. | 7-26-2003 | 19 yrs |

West Asheville Group

| | | |
|----------|-----------|-------|
| Scott B. | 7-05-2020 | 2 yrs |
|----------|-----------|-------|

Women's Big Book Step Study Group

| | | |
|-----------|-----------|--------|
| Laurie G. | 7-29-2004 | 18 yrs |
|-----------|-----------|--------|

The Birthday Plan

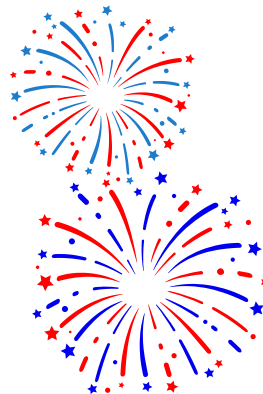
For many years, A.A. members have celebrated their sobriety by sending a contribution to the General Service Office. Your birthday (or anniversary) money helps to support G.S.O.'s services to members and groups throughout Canada and the U.S., to ensure that the A.A. message is carried around the world.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

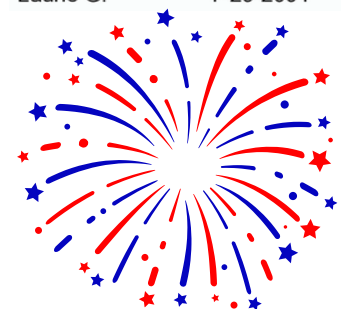
We also have envelopes for sending Birthday Contributions to the Central Office!

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

The August newsletter deadline for sending in anniversaries and announcements is July 15.



(They have great food too!)

Bowling



FRIDAYS @ SKY LANES

Hang out with fellow AAs, bowl a game or two, and have some fun! Ask for Joyce or Jeanette at the counter.



WHERE?

Sky Lanes
1477 Patton Ave
Asheville

WHAT TIME?

Every Friday
at 1:30PM

HOW MUCH?

\$5 per game
\$3 shoe rental



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:

JULY 8 - 10, 2022

UNITY & SERVICE

An A.A. Conference Focused on
Applying the 12 Traditions & 12
Concepts in All Our Affairs

**ATTEND IN PERSON - \$45 REGISTRATION
OR ONLINE - \$35 SUGGESTED REGISTRATION**

**THE HILTON - CONCORD, CA
SPECIAL HOTEL ROOM RATES**

FRIDAY NIGHT MEET & GREET NACHO BAR
SATURDAY NIGHT SPEAKER BANQUET
SUNDAY CONCEPTS BREAKFAST
ADDITIONAL FEE FOR MEAL OPTION EVENTS



**SPACE IS LIMITED!
REGISTER TODAY
SCAN CODE OR VISIT:**

WWW.UNITYANDSERVICECONFERENCE.ORG

info@unityandserviceconference.org
(925) 222-5639



SPEAKERS

LINDA CHEZEM
CLASS A TRUSTEE, GSB CHAIR

JIMMY D.
AA MEMBER RIGHTS &
RESPONSIBILITIES
Dallas, TX

CHUCK & BETH H.
3 LEGACIES IN RELATIONSHIPS
Destin, FL

REILLY K.
12 CONCEPTS
Winston, OR

KAREN C.
SPONSORSHIP
Oakland, CA

ANDREW S.
Marin, CA

**WITH AL-ANON
PARTICIPATION**

More speakers to be announced...

Presented by
the Love & Service Group of A.A.

Saturday, July 9 @ 10am

tech in AA **meetup**



Do you have ideas about using technology in WNC to help carry the AA message? **You should come!**

Do you have {< skills />} to help technology work better for AA? **You should come too!**



where: 

GREEN SAGE CAFE

633A Merrimon Ave
Asheville

(where there's plenty of
parking)

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 212-870-3400

James H.

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

ARGENTINA

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

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. If you have any questions in the meantime, please contact the Regional Forums desk at GSO at the following email/phone: 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.

District 71 Movie Night!

Bill W. and Dr. Bob

The Original 2007 Off-Broadway Production

By Stephen Bergman and Janet Surrey



Where: St. Timothy United Methodist Church
1020 Asheville Highway
Brevard, NC 28712

When: Saturday, August 6 @ 5:30PM



*Run time is 1:58 with 25 minute "talk-back session"


SMAACC 8


Southern Motorcyclists in Alcoholics Anonymous Camping Convention

AUGUST 26, 27 and 28, 2022

**NEW LOCATION: Fall Creek Falls State Park, Pikeville, TN 37367
(Newton Ford Bunk Group Lodge – off Hwy 284)**

The Newton Ford Bunkhouse sleeps 100 with separate areas for men and women.
Limited camp sites for tents and pop-ups in the open field near the bunkhouse.

Please contact us for more information - <http://smaacc.org/4.html> 

RV sites available through the TN State Park. 888-867-2757 or
<https://tnstateparks.com/parks/info/fall-creek-falls> 

Early Registration - \$45.00 Before July 31, 2022. After - \$55.00

Come on out; meet new friends; bring old friends.
Everyone Welcome! We have Speakers, Workshops, Marathon Meetings.

Registration includes meals: Friday night Supper; Saturday Breakfast, Lunch, Supper; Sunday Breakfast.

Friday Speaker – James B., Sparta, TN
Saturday speaker – Mike A., Nashville, TN
Sunday Speaker – Tom H., Rockford, IL

For information call or email:

Bill W: 815-601-6894; billw779@aol.com

Don R: donrush1952@yahoo.com

Mail to: S.M.A.A.C.C.
370 South Lowe Ave. Suite A
PO Box #242
Cookeville, TN 38501

Visit website: **SMAACC.org** 

Name _____

Address _____

City State Zip _____

E-Mail Address: _____

A.A. _____ AL-Anon _____ Other _____

Sobriety date: _____

Phone Number: _____ - _____ - _____

RECEIVE YOUR INFORMATION BY E-MAIL?

IF YES, PLEASE CHECK HERE _____

Would you like to volunteer? Yes _____ No _____ If yes, Phone Number: _____ - _____ - _____

Hearing impaired or other special needs?
(specify) _____

Pre-Registration: _____ \$45.00/ea.

Total: _____

NO CONFIRMATION OF YOUR REGISTRATION WILL BE SENT — NO REFUNDS

FIRESIDE SOBRIETY



STRENGTH

KINDNESS

HONESTY

SHARING



CIRCLE

Sept 8-11, 2022

YOGI in the SMOKIES CAMPGROUND

BIG COVE ROAD, CHEROKEE, NC (828) 482-4212

Bring your **CHAIRS, CAMPING GEAR, WARM CLOTHES & BLANKETS**, and your **POW WOW Regalia!**
 Contact: Herb W. at 828-506-8563 or firesidesobriety@gmail.com
 Registration begins **Thursday at Noon!**
NO PETS in Food Serving/Eating, PowWow, under big tent, or Sacred Fire Areas!
NO PETS AT TENT SITES

~AA/Al-anon Speakers~
 ~Talking Circles~
 ~Meetings~
 ~T-shirts & Sweatshirts~
 ~SOBRIETY Pow Wow~
 ~Sobriety Countdown~
 "MUCH MORE"

PRE-REGISTRATION: \$55/PERSON (kids 10 and under are FREE, 11-17 \$20). Price includes Breakfast and dinner and tent/camper site for three (3) nights **\$60 at the Gate** **EARLY REGISTRATION ENDS Aug 31, 2022**

NAME(S): _____

ADDRESS: _____

EMAIL(S): _____ / _____

PHONE #: H) _____ (C) _____ (C) _____

In Party: _____ Amount Enclosed: _____

Cut & Mail Registration Form by Aug 31st 2022
With Checks Made Payable to: Fireside /Fall 2022

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

Please direct all
communications to:

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

STORY SOLICITATION

Fifth Edition of the Book *Alcoholics Anonymous* —Big Book

Deadline for submissions: October 31, 2022

Online submission: aa.org/submit-bigbook-english-5th



The Preface to the Second Edition of the Big Book explains that revisions to the personal history section of the book were made in order “to represent the current membership of Alcoholics Anonymous more accurately, and thereby to reach more Alcoholics.”

In that spirit, the 2021 General Service Conference recommended that “a Fifth Edition of the Big Book, *Alcoholics Anonymous*, be developed, including an update of stories to better reflect the current membership, keeping in mind the 1995 Advisory Action:

“The first 164 pages of the Big Book, Alcoholics Anonymous, the Preface, the Forewords, ‘The Doctor’s Opinion’, ‘Dr. Bob’s Nightmare’, and the Appendices remain as is.”

In response to the 2021 General Service Conference Advisory Action requesting the development of a Fifth edition of the book *Alcoholics Anonymous*, the trustees’ Literature Committee is seeking a wide range of A.A. recovery experience of members in the Fellowship.

The trustees’ Literature Committee is searching for recovery stories of our members for possible inclusion in the Fifth Edition which are from a broad cross-section of our local communities, all stories are of value. As Bill writes on page 29 of the book *Alcoholics Anonymous*: “Our hope is that many alcoholic men and women, desperately in need, will see these pages, and we believe that it is only by fully disclosing ourselves and our problems that they will be persuaded to say, ‘Yes, I am one of them too; I must have this thing.’”

It is the Literature Committee’s shared hope that any new stories from our current membership will help future alcoholics to identify and find recovery in the pages of a Fifth edition.

The suggested format for typed manuscripts is 3500 words, double spaced, in 12-point font. Handwritten manuscripts should be approximately 5 to 6 pages. Please include your complete name, address, and email/phone information on the first page of the submission. A copy of your manuscript should be retained for your files.

The anonymity of all authors will be observed whether their story is selected for publication or not. Stories will be accepted in English, French or Spanish. If you have any questions, please write to 5BBStory@aa.org

Instructions for submitting your manuscript:

Deadline: Please submit on or before October 31, 2022.

Online: aa.org/submit-bigbook-english-5th 

Email: 5BBStory@aa.org

Subject Line: Fifth Edition of the Book *Alcoholics Anonymous*

Postal Mail: Attn. Literature Assignment, General Service Office, Box 459, Grand Central Station, New York, NY 10163

On the envelope: The word "5th Edition BB" should be written on the envelope and at the top of the first page of the manuscript.

Thank you to all who are participating in this process!