

Mountain NOVEMBER 2022 Doings


828-254-8539

Central Office is open
Monday-Friday
10am-1pm

info@ncmco.net



Central Office Board Positions Open

Central Office is looking to fill the following three Board positions: Chair, Alternate Chair, and Treasurer. Below are the responsibilities and requirements for each position. If you are interested, please attend the next COR/Board meeting, November 10 at 6:00pm, via Zoom: Meeting ID: 757 855 2319; Passcode: 000000 

Contact Central Office with any questions about these service positions: 828-254-8539; info@ncmco.net

Chairperson (Complete the 2-year term that began January 2022)

1. Shall preside at Central Office Board and COR General Committee meetings.
2. Shall see that all decisions of the Committees are acted upon.
3. Pursuant to specific authority given on occasion by the Committees, may sign and deliver contracts and other documents in the name of North Carolina Mountain Central Office Inc.
4. With the recommendation and approval of the Central Office Board, shall call for eligible people to stand for positions and appoint chairpersons of standing and special subcommittees.
5. May vote, bring motions, initiate and engage in discussion and debate at board meetings in accordance with Robert's Rules of Order for Small Groups (see "How Meetings Operate" at end of the bylaws).
6. Shall perform all duties incident to the office of Chairperson and other duties that may occasionally be assigned by the Committees.
7. Shall have five years' continuous sobriety at the time of taking office.

Alternate Chairperson (2-year term beginning January 2023)

1. Shall perform the duties of the Chairperson when requested by the Chairperson or in the case of their absence or inability to act, and shall preferably be interested in rotating to the Chairperson position if it becomes vacant.
2. Shall perform other duties as occasionally assigned.
3. Shall have at least five years' continuous sobriety at the time of taking office.
4. Shall attend Central Office Board and General Committee meetings.

Treasurer (2-year term beginning January 2023)

1. Having charge and custody of all funds of Central Office.
2. Accuracy of all financial records of Central Office.
3. Receipts and disbursements as approved by the Central Office's various committees.
4. Arranges for preparation and filing of all required tax returns.
5. Prepares an annual financial report.
6. Prepares monthly financial report and presents it to the Central Office Board and COR General Committee.
7. Attends Central Office Board and General Committee meetings.
8. Shall have at least five years' continuous sobriety at the time of taking office.

Inside This Issue

Page

- 2 Young People's Video Project; Grapevine; Call & Visitor Log
- 3 COR/Board Meeting Information; Where to Find Meetings; Cash on Hand; Profit & Loss YTD
- 4 Contributions; Suggestions & Addresses for Donations
- 5 We Have Lost So Much; The Gift of Gratitude; Special Meetings & Events
- 6 The Service Express
- 7 Anniversaries

After-hours Phone Volunteers Needed

Central Office is looking for volunteers to answer the phone from 1:30pm in the afternoon until 9:30am the next morning. Most nights don't see more than a call or two, rarely after 10 or 11pm. Most callers are interested in meeting information so volunteers should have the internet at hand to access the meeting guide. One year of sobriety is required.



Information can be found at:

<https://aancmco.org/index.php/about-ncmco/service/>
(scroll down to "After-hours Phone Volunteer")

Or call Central Office at 828-254-8539.



November Grapevine now available!



Fun in Sobriety

This month's featured section is "Fun in Sobriety," featuring some of the best stories from our newest Grapevine book, *Fun in Sobriety*. There's also a special section featuring gratitude over the years from stories.

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



How would you carry the message that would relate to the "young" alcoholic who has yet to come to A.A.? We want video submissions from A.A. members. WHY? To carry A.A.'s message to young people in high school, college settings, or any setting. Share your experience!

Submissions should be 2-3 minutes in length and reflect and adhere to the Twelve Traditions of Alcoholics Anonymous, especially A.A.'s anonymity traditions. When filming A.A. members make sure no one is identifiable.

Focus on the experience of getting sober young and reflect the diversity of the fellowship. Use members' stories to help alcoholics identify.

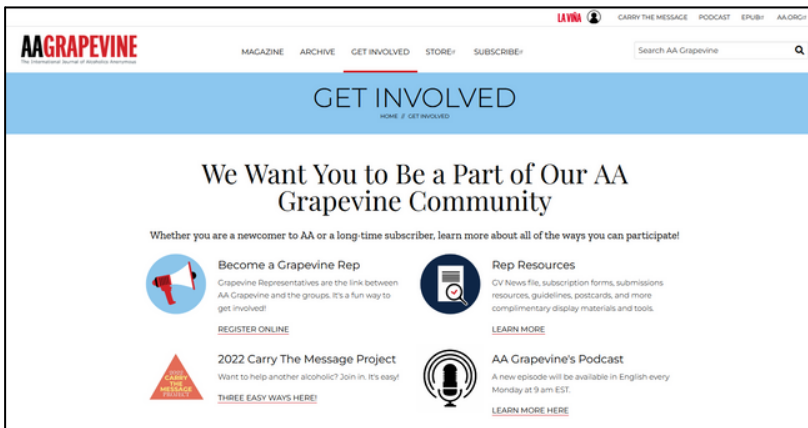
Deadline for submissions: November 7, 2022

For more information on how to submit your video, go to:

<https://www.aa.org/young-peoples-video-project-submission>



Grapevine "Get Involved" page



Whether you are a newcomer to AA or a long-time subscriber, learn more about all 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 September 2022

12 Step Calls - 7
General Info -6
Family Help -3
Meeting Info - 19
Central Office Business -60
Medical/Detox - 0
Visitors - 0
After-hours Volunteers - 25 calls



Visits to aancmco.org website:
Unique Visitors - 1,828
Total Visits - 3,900; Visits/Visitor - 2.13
Total Pages - 29,204; Pages/Visit - 7.49



COR/NCMCO Board Meeting

COR/Board meetings are held every other month on the odd-numbered months. The next combined meeting will be **Thursday, November 10, at 6:00pm.** We will have elections for a new Chair, Alternate Chair and Treasurer.

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 9/30/2022

Prudent Reserve -
\$16,115.60

Operating Account -
\$18,631.52

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

Profit & Loss YTD

	Sep 2022	Jan - Sep 2022
Income		
Contributions	-\$8,800.00	-\$8,800.00
Birthday Contributions		\$567.00
Group Contributions	\$1,330.65	\$22,359.85
Individual Contributions	\$84.45	\$1,511.42
Total Contributions	-\$7,384.90	\$15,638.27
Interest on Money Market	\$1.32	\$9.12
Sales Income		
Literature & merchandise	\$4,383.91	\$18,562.70
Shipping charged to groups	\$57.10	\$425.69
Total Sales Income	\$4,441.01	\$18,988.39
Total Income	-\$2,942.57	\$34,635.78
Cost of Goods Sold		
Cost of Goods Sold	\$11.00	\$11.00
Freight - vendor shipping	\$30.00	\$257.12
Inventory Adjustments		\$28.33
Literature & merchandise	\$3,857.14	\$14,570.64
Shipping to groups	\$60.46	\$429.68
Total Cost of Goods Sold	\$3,958.60	\$15,296.77
Inventory Shrinkage		\$0.98
Total Cost of Goods Sold	\$3,958.60	\$15,297.75
GROSS PROFIT	-\$6,901.17	\$19,338.03
Expenses		
Computer Expenses		\$2,620.27
Copier Expenses		\$2,107.06
Credit Card Processing	\$23.09	\$161.18
Insurance Expense	\$605.00	\$605.00
Office Expenses	\$14.99	\$134.91
Office Supplies	\$94.13	\$362.78
Payroll Expenses		
Gross Salary	\$1,340.00	\$12,710.00
Payroll Taxes (Company)	\$102.52	\$972.41
Total Payroll Expenses	\$1,442.52	\$13,682.41
Rent	\$604.00	\$5,376.00
Stamps/Postage		\$7.38
Telephone & Internet		
Office Telephone/Internet	\$129.98	\$1,169.82
Web Expenses		\$217.29
Total Telephone & Internet	\$129.98	\$1,387.11
Total Expenses	\$2,913.71	\$26,444.10
Net Operating Income	-\$9,814.88	-\$7,106.07
NET INCOME	-\$9,814.88	-\$7,106.07

Contributions

Group Contributions:	Sep 2022	YTD
12 & 12 Study Group 717-595	\$25.00	\$25.00
2nd Chance Group - Cherokee 712-180		\$0.00
3 Legacies Group 709-522		\$0.00
4th Dimension Group		\$0.00
A Spiritual Awakening Group		\$0.00
Acceptance Group 122-477		\$844.27
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
Back to Basics Grp (Weaverville) 147-139		\$85.00
Big Town Group 671-200		\$435.15
Black Mountain Lakeside Group of A.A.		\$85.00
Brevard Serenity Group 631-231		\$217.50
But for the Grace of God Group 629-162	\$13.00	\$51.80
Candler KISS Group 163-148		\$125.00
Cashiers Valley Grp 122-589		\$655.58
Cedar Mountain Group 161-082		\$420.00
Conscious Contact Group - Asheville	\$250.00	\$800.00
Cullowhee Valley Group 118-129		\$46.20
Cumberland Group 122-472		\$250.00
Daily Decisions 643-869	\$308.73	\$1,745.47
Day by Day Group 159-058		\$1,456.39
Early Bird Group 612-780		\$456.00
Emotional Sobriety Group 725-136		\$150.00
Fellowship Group, Fletcher 655-542		\$500.00
Fireside Group 655-046		\$462.50
Grace Group of Asheville 161-970		\$1,900.42
Happy Hour Group - Hendersonville 169-182		\$373.51
Hendersonville Group 110-594		\$133.33
Hendersonville Men's Group	\$50.00	\$100.00
Hendersonville Women's BBSS 723-106		\$269.45
Joy of Living - Brevard 669-820	\$186.83	\$216.83
Lambda Group 617-035		\$80.74
Liars Club		\$180.00
Live & Let Live - Forest City		\$50.00
Mars Hill Group 130-895		\$150.00
Marshall Group 100-489		\$150.00
Men's Attitude Adjustment Group 670-850		\$54.00
Mission Group 606-119		\$46.00
Monday 6:00 Open Meeting		\$126.00
Mountain View Group (Highlands) 110-598		\$249.19
New Freedom Group 700-124		\$100.00
On Awakening Group		\$900.00
Practicing Principles 667-311		\$224.92
Recovery by the River 674-892	\$124.09	\$464.87
Roundtable Group 135-605		\$150.00
Safe & Sound Group 645-654		\$392.91
Saturday Morning Men's Meeting	\$75.00	\$300.00
Serenity Service Group 110-498	\$224.00	\$1,329.00
Sober Sisters - Black Mtn		\$161.42
Sober Sisters - Flat Rock 725-094		\$364.80
Solutions Group 719-512		\$548.53
South Asheville Literature		\$130.50
Speed Bump Group 512-851		\$90.00
Surrender Group - Black Mtn 660-428		\$50.00
The 164 Group		\$17.12
The Principles Group 675-162		\$100.00
Traditional Group 110-499		\$250.00
Waynesville Grace Group 110-692		\$1,298.67
We Think Not Group 700-411	\$74.00	\$164.00
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:	\$1,330.65	\$22,359.85

Individual Contributions:	Sep 2022	YTD
Anonymous	\$14.45	\$110.88
Annie B.		\$3.00
Dagmar A.		\$200.00
Jill L.		\$50.00
Judy M.		\$80.00
Katherine H.		\$140.00
Kay G.	\$15.00	\$135.00
Margaret N.		\$50.00
Pam C.		\$5.32
Roland B.		\$12.22
Sandra S		\$70.00
Shannon K.	\$25.00	\$225.00
Sheila D.	\$20.00	\$180.00
Wm "Pat" D.		\$160.00
In Memory of B.G.	\$10.00	\$90.00
Total Individual Contributions:	\$84.45	\$1,511.42

Birthday Contributions:	Sep 2022	YTD
Anonymous		\$250.00
Bob P.		\$30.00
Dennis		\$20.00
Monica G.		\$230.00
Sandra F.		\$37.00
Total Birthday Contributions:	\$0.00	\$567.00

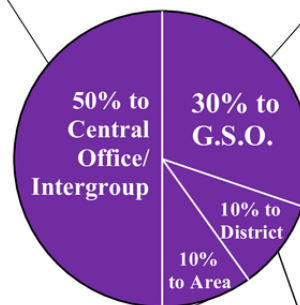
Mountain Doin's Subscriptions:		\$0.00
Total Contributions:	\$1,415.10	\$24,438.27

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.

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

We Have Lost So Much

"Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism." (From the "A.A. Preamble" - Copyright © The AA Grapevine, Inc. Reprinted with permission)

That has long been our defining thought, but something has shifted. The "fellowshipping" of A.A. has fallen drastically behind and the illusion that A.A. is a meeting seems to have replaced it. Even the "meeting" idea seems to have been cut short - with many arriving after the starting time and almost all leaving as quickly as possible at the close.

When A.A. was first formed, its members all knew each other because of the "Fellowshipping." Meetings were held once a week to introduce newcomers to the recovery process of the 12 Steps, to find sponsors, and to hear how the members were applying the Steps to their lives.

We have lost much of our effectiveness. Coffee pots are often emptied before the close of the meetings. Lingering to connect with each other is frequently discouraged.

Let's look at re-creating "Fellowship."

Ocean S., Burnsville, N.C.
Acceptance Group of A.A.

The Gift of Gratitude



One way to keep a grateful heart is to remember what A.A. has given us. The following passages were selected from the vast Grapevine Story Archives, which goes back to 1944.

"Love is the principle that guided my first friends in A.A. They welcomed me without question into their Fellowship. They were not concerned about anything except that I was a drunk. I was asked if I wanted help, if I had a place to sleep that night, and if I'd care for a cup of coffee. I was allowed to be myself, as best I could. No demands were made, no expectations were declared, no conformity was required. I was simply invited to share what they offered."

Greg H., Moreno Valley, Calif.
From "Principles to Live By," August 1994

"Every morning as I pour water into my coffee maker, I'm filled with gratitude because I'm reminded of what it was like 14 years ago. Every morning, I filled a glass with brandy just to get my day started. Today, thanks to the program of Alcoholics Anonymous, I don't have to do that anymore."

Art V., Johns Island, S.C.
From "Gratitude," August 2002



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Special Meetings and Events



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



Ongoing... Bowling Fridays @ Sky Lanes. Hang out with fellow AAs, bowl a game or two, and have some fun! Every Friday at 1:30pm. Sky Lanes, 1477 Patton Ave, Asheville 28806. See flyer for more information.

Districts 71 & 70 Unity Breakfast (with a side of A.A. history) **Saturday, November 5.** 8:30am Coffee; 9:00am Breakfast; 10:00am Speaker - Keith, Area 51 Archivist. Bring a pastry or a dish to share. Hope United Methodist Church, 2443 Spartanburg Hwy, East Flat Rock, NC 28726. See flyer for more information.

District 70 Online Accessibilities Workshop. Sunday, November 13, 1:00-2:00pm. Speaker: Karen B., Area 51 Accessibilities Chair. Learn about what the Accessibilities Committee does, and how to ensure we carry the message of Alcoholics Anonymous to ALL who reach out for help. Zoom Meeting ID: 871 0116 4316; Passcode: 456789 <https://us06web.zoom.us/j/87101164316?pwd=aW5rcW1LS3BaYnRva3NtaVMvNXpHdz09> Email access@ashevilleaa.org for more information.



Area 51 Fall Committee and Election Assembly Meeting. November 19-20. The Hilton Raleigh North Hills, 3415 Wake Forest Rd, Raleigh, NC 27609. If you have any trouble with room rate or availability, please contact the Area Chair: chair@aanorthcarolina.org

Thanksgiving Celebration AVL 12. Thursday, November 24. Food and fellowship - 1:30pm-6:00pm; meetings before and after at 12:30pm & 6:00pm. Bring a covered dish, friends & family. 1 Kenilworth Knoll, Asheville 28801.

Southeast Regional Forum. December 2-4. Hilton New Orleans Airport, 901 Airline Dr, Kenner, LA 70062. For more information about the Forum, please contact James H., Regional Forums Staff Coordinator, at regionalforums@aa.org or call 212-870-3120. To register, visit the website: <https://www.aa.org/regional-and-local-forums>



2nd Annual Holiday Celebration. Hosted by the Bring Your Own Coffee group. **Sunday, December 11,** 7:00-9:00pm. This will be a closed A.A. meeting for women and will feature two speakers and lots of fellowship! Join them beginning at 6:00pm for yummy savory and sweet treats and hot coffee & tea. (If you are inspired, you are welcome to bring something to share!) The meeting will take place in the fellowship hall at the First Congregational United Church of Christ, 20 Oak Street, Asheville, NC 28801. Doors open at 6:00pm, and meeting starts at 7:00pm.

Southern States Women's Conference. January 27-29, 2023. Hyatt Riverfront Jacksonville, 225 E Coastline Dr., Jacksonville, FL 32202. For more information, visit the website: <https://southernstateswomensconference.org/>



59th International Women's Conference. February 16-19, 2023. Dallas/Addison, TX. Four days of closed A.A. meetings, fun and fellowship! To register, visit their website: <https://internationalwomensconference.org/>



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



GSO in New York: For events around the country and the world, as well as great information, go to: <https://www.aa.org/> and Box 459: https://www.aa.org/sites/default/files/newsletters/F-36_Box_4-5-9_Fall_2022.pdf



The Service Express

District 70

GSR Business Meeting – held the 2nd Sunday of the month. The next meeting will be **Sunday, November 13, 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! They will be holding elections for all positions at the November meeting. (**NOTE:** They are working on updating the website contact list. There are a few Committee Chair email addresses listed here that are valid as far as we know. The best way to get more information about volunteering is to attend the GSR Business Meeting listed above.)

Accessibilities Committee – Chairperson is Scott S. If you are interested in volunteering, or have any questions on what the Accessibilities Committee does, attend the virtual workshop on **Sunday, November 13, 1:00-2:00pm** (see flyer on page 10 for details) or contact Scott at access@ashevilleaa.org.

Archives Committee needs you! Chairperson is Stacy R. The Archives Committee wants A.A. members to help compile a complete list of group histories, record interviews with old-timers, and collect classic A.A. literature. It's fun AND it's service work!

CPC/PI Committee – These are two separate service committees – “Cooperation with the Professional Community” and “Public Information” – chaired by George M. You can contact him at cpc-pi@ashevilleaa.org. The CPC Committee visits schools, businesses, and community meetings to speak about A.A. Volunteers are needed for health clinics and DUI classes. The PI Committee provides accurate A.A. information to the public and media when requested.

Corrections Committee – There are lots of ways to be of service. For more information on how to get involved, contact Tammy Z., the Women's Corrections Chair, at corrections_women@ashevilleaa.org. Below are the current opportunities/needs:

- Buncombe County Jail in Asheville - volunteers needed, men and women. There is a 30-minute application and training process to become a volunteer. They are still working to get volunteers trained and to get the meetings set up and are getting close.
- Yancey County Jail in Burnsville - there is a monthly Men's meeting on the third Thursday of each month and a monthly Women's meeting on the fourth Tuesday of each month, both at 7 pm. They could always use more volunteers. Contact Tammy Z. if interested.
- Western Correctional Center for Women in Swannanoa - they had a volunteer training on 10/24 and hope to get an evening meeting going soon.
- If anyone in Madison or McDowell County wants to help reach out to the jail or detention centers there to see if they can be of service, please contact Tammy Z.

Literature and Grapevine Committee – Chairperson is Maria E. 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 – Chairperson is Joe L. He can be reached at treatment@ashevilleaa.org. 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. For more information, please attend the next GSR Meeting.

“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, please attend the next GSR Meeting to connect with Matt M., the Bridging the Gap Chair. For more information on Bridging the Gap, visit the website: www.btgwww.org



District 71

GSR Meeting – held on the 2nd Saturday of the month. District 71 meets in person quarterly with the other two meetings monthly via Zoom. The next meeting will be **Saturday, November 12, 9:30am**, via Zoom – Meeting ID: 839 998 9177; Passcode 71. Check their website for meeting updates: <https://www.nc71.org/>



There are numerous service opportunities with Bridging the Gap and Treatment, and they still need more volunteers for jail. Position of Secretary, and Chairs for CPC/PI, Bridging the Gap and Treatment are rotating in 2023. They will be holding elections at the December meeting. See website for information on these positions. If you have any questions, you can contact Liz G., DCM, or Annette K., Alt. DCM, through the website: <https://www.nc71.org/contact>



District 80

GSR Meeting – held quarterly. The next meeting will be **Sunday, January 15, 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, January 12, 5:00pm**, and will be held virtually. The GoToMeeting ID is 543513261. 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!

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: (Since website contacts and email addresses are still under review, please attend the District 70 GSR Business Meeting in order to connect with the District Registrar. See Zoom link above or check the District 70 website: <https://ashevilleaa.org/calendar/>)

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

District 80: Email: webmaster@aawnc80.com



Happy Anniversary!

3 Legacies Group

Wayne D. 11-09-1970 52 yrs

Acceptance Group

Martha F. 11-11-1986 36 yrs

Debbie S. 11-19-1992 30 yrs

Sarah-Helen L. 11-21-2008 14 yrs

Margaret M. 11-23-2019 3 yrs

Molly S. 11-30-2021 1 yr

Around the Room Group

Patrick T. 11-05-2015 7 yrs

Perry H. 11-25-1980 42 yrs

Back to Basics Group - Weaverville

Todd H. 11-11-1991 31 yrs

Black Mountain Group

Anne O. 11-06-1979 43 yrs

Todd C. 11-11-2013 9 yrs

Eddie W. 11-29-2017 5 yrs

Conscious Contact Group

Steven M. 11-04-1994 28 yrs

Jean R. 11-16-2016 6 yrs

Michelle P. 11-18-2020 2 yrs

Craig D. 11-20-2021 1 yr

Jennifer V. 11-28-2004 18 yrs

ReGina R. 11-30-2020 2 yrs

Cullowhee Valley Group

Becky L. 11-24-2015 7 yrs

Cumberland Group

Stephen D. 11-28-2013 9 yrs

Fellowship Group

Tim A. 11-05-2021 1 yr

Ian C. 11-13-2001 21 yrs

Adam H. 11-20-2002 20 yrs

Good Livers Group

Belinda 11-18-1988 34 yrs

Laurie S. 11-19-2011 11 yrs

Grace Group

Tim F. 11-03-2019 3 yrs

Sarah P. 11-05-2016 6 yrs

Jane M. 11-06-1999 23 yrs

Heather G. 11-07-2018 4 yrs

Merrill M. 11-07-2021 1 yr

Allison S. 11-08-1992 30 yrs

Sandy B. 11-09-2011 11 yrs

Colleen S. 11-20-2020 2 yrs

Ken B. 11-21-2018 4 yrs

Emily L. 11-21-2019 3 yrs

Lissa T. 11-22-2020 2 yrs

Chuck E. 11-26-2011 11 yrs

Tom W. 11-26-2019 3 yrs

Erich B. 11-27-2019 3 yrs

Patricia S. 11-28-2013 9 yrs

Kaity (KayTay) T. 11-29-2019 3 yrs

Happy Hour Group

Jim S. 11-08-2015 7 yrs

Hendersonville Group

Lisa MC. 11-01-2017 5 yrs

Ronnie 11-01-2021 1 yr

Wes V. 11-09-2021 1 yr

Alison G. 11-11-1988 34 yrs

Shirley W. 11-15-1988 34 yrs

Jan M. 11-19-1990 32 yrs

Lou L. 11-23 14 yrs

David L. 11-28-2008 14 yrs

Sue G. 11-28-2014 8 yrs

Hendersonville Men's Group

Jim R. 11-04-2019 3 yrs

George B. 11-05-2020 2 yrs

Paul B. 11-07-1979 43 yrs

David K. 11-17-2011 11 yrs

Lambda Group

Andy J. 11-06-2017 5 yrs

Giovanni D. 11-18-2019 3 yrs

Caitlin D. 11-19-2016 6 yrs

Library Group

Elizabeth P. 11-03-2019 3 yrs

Mars Hill Group

Heather M. 11-10-2018 4 yrs

Mission Group

John B. 11-06-2000 22 yrs

Judy K. 11-18-1978 44 yrs

Motley Crew/Columbus

Cindy M. 11-27-1979 43 yrs

Out to Lunch Bunch

Tony V. 11-14-1974 48 yrs



Practicing Principles Group

Julia S. 11-27-1986 36 yrs

Serenity Seekers - Marion

Jessie M. 11-09-2019 3 yrs

Michael S. 11-09-2019 3 yrs

Solutions Group

Kara P. 11-12-2018 4 yrs

Total Surrender Group

Julian P. 11-05-2021 1 yr

Dowell P. 11-06-2021 1 yr

Traditional Group

Michael W. 11-06-2009 13 yrs

Sarah C. 11-13-2013 9 yrs

Ed F. 11-25-2013 9 yrs

Paul S. 11-26-2012 10 yrs

Waynesville Grace Group

Daren B. 11-13-2001 21 yrs

Tray B. 11-17-2015 7 yrs

Pete S. 11-17-2016 6 yrs

Barbara H. 11-26-2003 19 yrs

Mike S. 11-28-1994 28 yrs

West Asheville Group

Jack A. 11-05-1990 32 yrs

Young People's Group

Savannah S. 11-11-2020 2 yrs

Devin S. 11-13-2008 14 yrs

Matthew P. 11-20-2018 4 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 December newsletter deadline for sending in anniversaries and announcements is November 15.

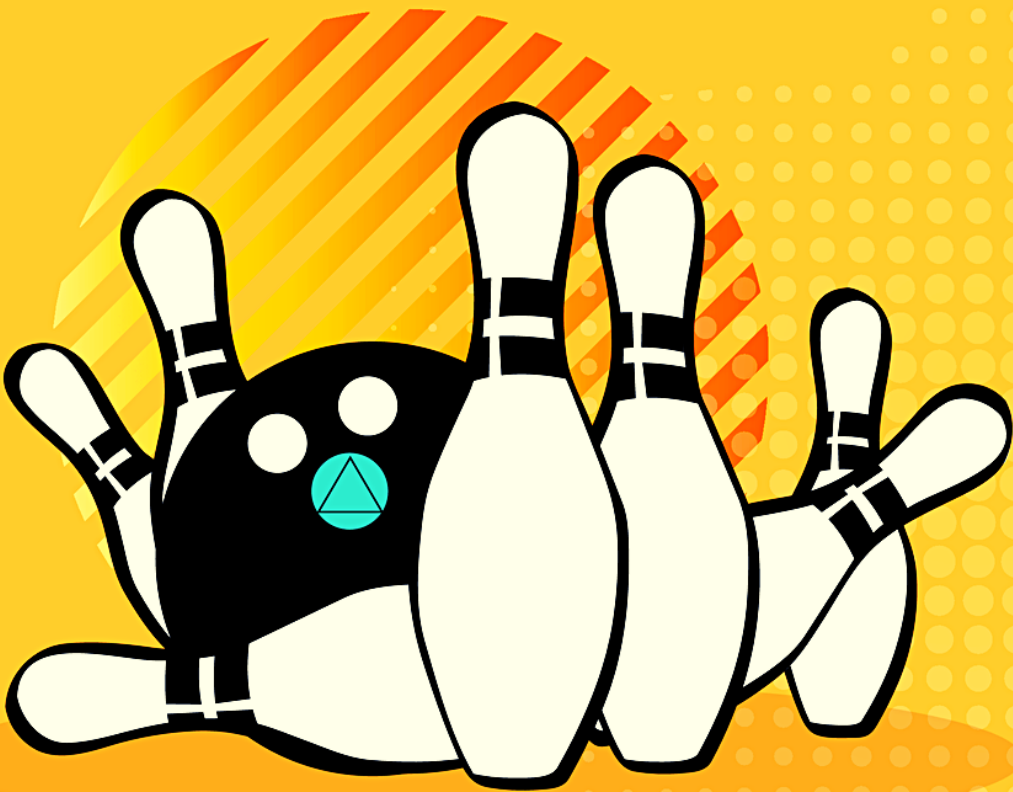
(They have great food too!)

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

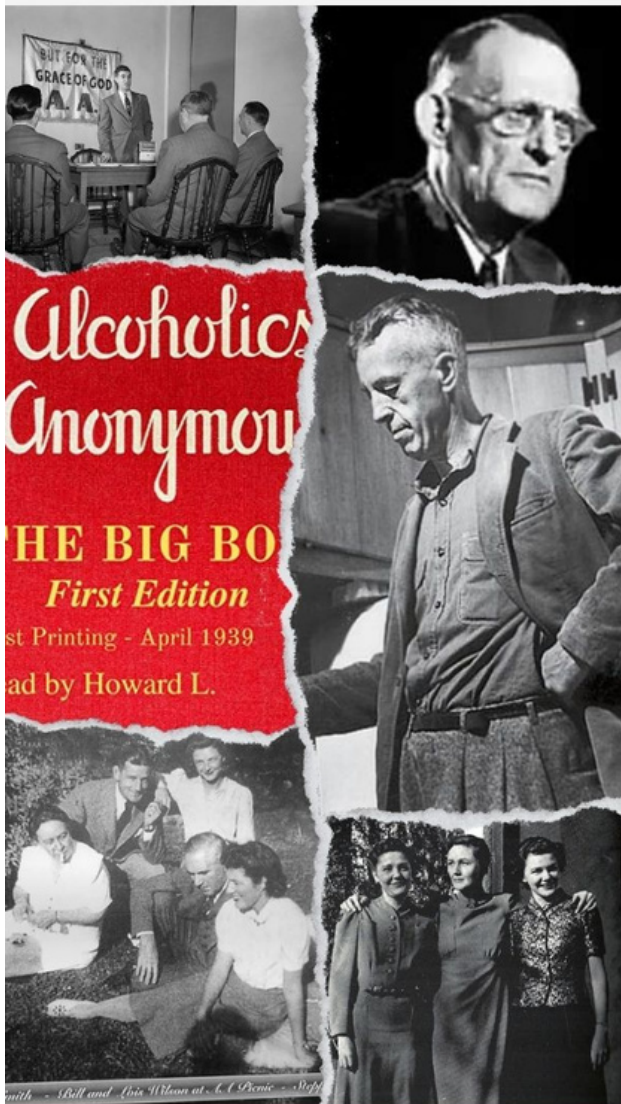
HOW MUCH?

\$5 per game
\$3 shoe rental

DISTRICTS 71 & 70 UNITY

Breakfast

with a side of A.A. history



**Saturday,
NOVEMBER 5, 2022**

8:30 AM - Coffee

9:00 AM - Breakfast

10:00 AM - Speaker

Keith - Area 51 Archivist

- Early A.A. in WNC
- Women & African Americans in Local A.A. History
- Area 51 Archives Display

bring a pastry or a dish to share, if you like



**Hope United Methodist Church
2443 Spartanburg Hwy, East Flat Rock**

40 minutes from downtown Asheville | 11 minutes from downtown Hendersonville



Are we able to make the hand of AA available to all who reach out for help?

District 70 Online Accessibilities Workshop

Sponsored by District 70 Accessibilities Committee

November 13, 1-2 pm

Speaker: Karen B., Area 51 Accessibilities Chair

Zoom Meeting ID: 871 0116 4316

Passcode: 456789



<https://us06web.zoom.us/j/87101164316?pwd=aW5rcW1LS3BaYnRva3NtaVMvNXpHdz09>

Most people will have access needs during the course of their lives: sometimes these are temporary, sometimes they are not.

- **Disability:** [More than 25% of NC residents](#) currently identify with some form of disability, and that number is increasing exponentially.
- **Transportation:** Many alcoholics live in remote areas, have no access to public transportation, or have little access to technology to attend remote meetings or participate in service opportunities.
- **Child care:** Many alcoholics have childcare issues, which result in difficulties attending meetings or carrying the message.

There is no standard person with standard accessibility needs. We cannot see everyone coming, nor anticipate every need, but we can be willing to learn and act on that learning. Our vitality as a program comes from our willingness to carry the message to ALL who reach out for help.

Email access@ashevilleaa.org for more information.

Area 51 Fall Committee & Election Assembly Meeting November 19-20, 2022

THE HILTON RALEIGH NORTH HILLS
3415 Wake Forest Road, Raleigh, NC 27609

ADVANCE HOTEL INFORMATION

Deadline for Reservations: Thursday, October 25, 2022

Group Code: A51

Group Name: Area 51 General Service

Room Rates: \$132.00 Single/Double, \$132.00 Triple, \$132.00 Quad

Phone: 919-872-2323 or 800-445-8667 [1-800-HILTONS]

Internet: Link for direct reservations: <https://tinyurl.com/2p8mmavs>



Internet: Link for hotel information: www.northraleigh.hilton.com



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 "A51" and the group name "Area 51 General Service"
- If possible, call the Hilton Raleigh North Hills directly at 919-872-2323 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

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

Why Staying at Our Host Hotel is Important

A Message from the Area 51 Chair

Fall 2022

The hotels that host Area 51 events typically charge for meeting space based on how many guest rooms our attendees occupy. For every Assembly, Committee Meeting and Convention, Area 51 has a contract that specifies the number of guest rooms the hotel will “block” for our use. If we fill at least 85% of our room block, our meeting space is *free*. Otherwise, we are charged on a sliding scale according to how far short of the 85% mark we fall.

Free meeting space is what Area 51 budgets and what we usually achieve. However, more than once we have come up short and paid a steep price. The chart below shows the meeting space charges we could incur for this event if we fail to meet our room block. ¹

Event	Room Block ²	Sliding Scale of Meeting Space Charges Based on % of Room Block Filled				
		85-100% [❖]	75-84%	65-74%	55-64%	< 55%
Assembly (Raleigh)	287	\$0	\$4500	\$5800	\$7500	\$10500

¹ To date, we have never filled less than 75% of our block.

² Expressed as “room nights”. A room night is one night’s stay in one room. For example, 31 rooms booked for 2 nights each would yield 62 room nights.

Area 51 makes every effort to negotiate the most favorable room rates possible. But budget hotels don’t have the kind of meeting space we require, and as the chart above shows, meeting space in higher-end hotels is expensive. The willingness of individuals to attend Area events and to book their rooms at our host hotel is essential in making Area events affordable at all.

So please attend the Area events you can, and stay at the host hotel using the group code and name whenever possible. Though rooms there may be more expensive than at nearby budget hotels, please consider the additional cost as a contribution to Area 51—a small sacrifice for our “common welfare,” which really must come first if we are to continue meeting and working together to fulfill our Primary Purpose as an Area.

“I am responsible...When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.”

Thank you for your service in Area 51!

Get ready for a wonderful

Thanksgiving Celebration AVL12

Food and Fellowship 1:30pm to 6:00pm
Meetings before and after at 12:30pm & 6:00pm

PLEASE BRING A COVERED DISH, FRIENDS & FAMILY

November 24, 2022

1 KENILWORTH KNOLL, ASHEVILLE, NC 28801



SOUTHERN STATES WOMEN'S CONFERENCE

JANUARY 27-29, 2023 JACKSONVILLE, FL



SPEAKERS:

Steps 1:	Hilary R. (Dallas, TX)
Steps 2 & 3:	Tina H. (Waukesha, WI)
Steps 4 & 5:	Carla R. (Tujunga, CA)
Alanon:	Sonia L. (Nashville, TN)
Steps 6 & 7:	Dolly A. (Cleveland, OH)
Steps 8 & 9:	Vivian Q. (Bluffton, SC)
Step 10:	Nancy B. (Denton, TX)
Steps 11 & 12:	Kelley B. (St. Petersburg, FL)

First Name _____ Last Name _____
Address _____
City & State _____ Email _____
Phone _____ Program: AA____ Al-Anon____ Alateen____
Check here if you would like to volunteer at the conference: _____

Please make check for **\$37** per registration, payable to Southern States Women's Conference and send to:

**Southern States Women's
Conference**
P.O. Box 35100
Elmwood Park, IL 60707

Please let us know if you need assistance with accessibility
(hearing, vision, and/or physical disability)

Early registration online at <https://southernstateswomensconference.org/>



Hyatt Riverfront Jacksonville

225 E Coastline Drive
Jacksonville, FL 32202

Group Code: G-SWCG

904-588-1234



ASL Interpreter Provided

IWC MISSION STATEMENT

The International Women's Conference is the bridge to a better understanding of the Alcoholics Anonymous philosophy and way of life because of our special needs in sobriety as women. We as women members of Alcoholics Anonymous are survivors. We have found a way to obtain meaning, depth, and responsibility in our lives. This came about out of desire, decision, determination, and spiritual guidance. An elevated sense of belonging that is brought about by the special services and a special need provided by our Women's Conference is our goal.

SELF-SUPPORTING

This conference is self-supporting through the money paid by registration fees, banquet tickets, and contributions. No AA funds are used to pay for this event. Conferences are special events and require money, as well as months of planning and preparation. Expenses include contracted costs for the use of meeting rooms, preparation of food and beverages, printing for registration forms, flyers, program schedules, postage, supplies and many other costs. The registration fee and banquet fees are kept as low as possible to meet our financial goal of breaking even. Our contractual commitments to the hotel require a guaranteed number of hotel rooms and banquet sales. Thank you for your support and your help in achieving our financial commitments.

IMPORTANT INFORMATION

- IWC is a CLOSED conference for women in AA, registrants only.
- Pre-registration ends Dec. 31, 2022, or when full
- Late registration begins Jan. 1, 2023
- No refunds after Dec. 31, 2022
- **Onsite registration by cash, Zelle, and credit cards only; no checks**
- Maximum banquet occupancy is 1,500
- Screening room for up to 700 is provided for overflow
- No Pets – Only service dogs allowed at conference
- **Badges must be worn at all times**
- Childcare is NOT provided
- The 59th International Women's Conference is not responsible for loss of personal items or any personal injury

59th IWC Dallas
PO Box 293013
Lewisville, TX 75029-3013



THE 59TH
INTERNATIONAL WOMEN'S
CONFERENCE
February 16 – 19, 2023



The Language of the **Heart**
Will Be Spoken Here

Being held at
The Renaissance Dallas Addison
15201 Dallas Pkwy, Addison, TX 75001
(972-386-6000)

REGISTRATION FORM

Register on-line by JAN 18, 2023 at:

<https://internationalwomensconference.org/>

Name: _____

Name on Badge: _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____ Sobriety Date: _____

Email: _____

WOULD YOU LIKE TO BE OF SERVICE? YES: _____

DO YOU HAVE A SPECIAL NEED THAT MAY IMPACT YOUR ENJOYMENT OF THE CONFERENCE? YES: _____

Contact: SpecialNeeds59iwcDallas@gmail.com

***TOURS AND EXCURSIONS**

TOUR 1: A private tour of NorthPark Center / Dallas's Top Shopping Destination. Filled with museum-quality artworks and extraordinary landscaping. NorthPark is home to 200 retailers, including luxury boutiques, trend-setting brands, restaurants, and movie theatres., NorthPark is a shopping experience unlike any other. **Thursday 10am-2pm**

NorthPark Center Private Tour: 4 hours long

TOUR 2: This 125-acre venue is one of the most popular stops in Fort Worth and is home to the world's only LONG HORN CATTLE DRIVE. Visit the Stockyard Museum, Texas Cowboys Hall of Fame, and the newly renovated Mule Alley, plus lots of fun places for shopping and eating. **Saturday 10am-3pm (Cattle Drive 11:30am)**

Fort Worth Stockyard Tour: 5 hours long

*Tours/Excursions are subject to a minimum number of 30 participants and participants will be required to sign a liability waiver.

59th IWC DALLAS VIRTUAL INFORMATION ON WEBSITE
<https://internationalwomensconference.org/>

REGISTRATION

Pre-Registration (Ends 12/31/2022)	\$50.00
Late Registration (Begins 01/01/2023)	\$60.00
Virtual Conference	\$10.00

ALL Meals Include **Vegan Options

Friday Night Dinner	\$70.00
Saturday Night Dinner	\$80.00
Sunday Morning Buffet	\$55.00

**Indicate Vegan

SOUVENIRS

Check Out & Purchase on our Website:

Circle Size and Indicate Option	
Short Sleeved T-Shirt S M L XL	\$20.00
Short Sleeved T-Shirt 2X 3X 4X	\$23.00
Long Sleeved T-Shirt S M L XL	\$22.00
Long Sleeved T-Shirt 2X 3X 4X	\$25.00
Coffee Mug	\$12.00
Phone Wallet	\$15.00

TOURS

Tour 1: NorthPark Center Private Tour	\$35.00
Tour 2: Fort Worth Stockyard	\$40.00

CONTRIBUTIONS

Contribution to a Scholarship \$ _____

TOTAL ENCLOSED \$ _____

CHECKS PAYABLE TO: **59th IWC Dallas**

There will be a \$25.00 charge for insufficient funds
Credit Card Fee 3.49% plus 10 cents

Mail Registration Forms and Payment To:

59th IWC Dallas
PO Box 293013
Lewisville, TX 75029-3013

LODGING

Renaissance Dallas Addison
15201 Dallas Parkway, Addison, TX 75001-4609
(972-386-6000)

***IWC Reservation special rate - \$182+taxes
Begins March 1, 2022
Ends Jan 18, 2023***

*Room Rate (single & up to 4 persons)
**Hotel will charge a one-night, non-refundable deposit
***Mention 59th IWC Dallas for the hotel room rate
All reservations require a valid credit card to hold your room reservation
Check In: 3:00pm Check Out: 11:00am

AIRPORTS

DALLAS HAS 2 CONVENIENT AIRPORTS
(DFW) Dallas/Ft. Worth International
19 miles to Renaissance Hotel in Addison, TX
(DAL) Dallas Love Field
11 miles to Renaissance Hotel in Addison, TX

GROUND TRANSPORTATION

Several transportation options are available from DFW or DAL to the Renaissance Hotel in Addison. For your convenience, below are their websites.
<https://www.lyft.com/rider>
<https://www.uber.com/>
<https://www.dart.org/>
<https://goairportshuttle.com/>

IWC CONTACTS

Dallas Chair: Terri O.
Chair59iwcDallas@gmail.com

Dallas Registration Chair:
Registrar59thiwcDallas@gmail.com

Dallas Treasurer: Rhonda M.
Treasurer59iwcDallas@gmail.com



Stepping Into Serenity

Women's Conference

Chattanooga, TN

February 24-26, 2023

Hotel Info:

Doubletree by Hilton
407 Chestnut Street
Chattanooga, TN 37402
423-756-5150

Room Rates: \$121.00
Reservation Code: SIS
Reserve Room by: 01/23/23

Here are the steps we took

Speakers:

Limit of 500

- Step 1 / Polly P Jacksonville, FL**
- Step 2 & 3 / Angie P Cincinnati OH**
- Steps 4 & 5 / Hilary R Los Angeles, CA**
- Steps 6 & 7 Mary Emma H Hilton Head, SC**
- Steps 8 & 9 Vivian Q Okatie, SC**
- Steps 10 & 11 Joette N Winder, GA**
- Step 12 , Brenda J McKinney, TX**
- Alanon Angie B Destin, FL**

Pre-Registration: \$30

At the Door: \$35

Please make check or money order payable to "SIS" and mail to:

Stepping into Serenity
PO Box 21203
Chattanooga, TN 37424

OR

Register online at www.steppingintoserenity.org
Mastercard, Visa, Discover and
American Express accepted on Square-



AA Al-Anon Volunteer ASL
 Name: _____
 Address: _____
 City: _____ State: _____
 Zip: _____ Phone: _____
 Email address: _____
 Name on Badge: _____

AA Al-Anon Volunteer ASL
 Name: _____
 Address: _____
 City: _____ State: _____
 Zip: _____ Phone: _____
 Email address: _____
 Name on Badge: _____

For additional information or questions, please email SICommittee@yahoo.com or call (423) 355-2283 or (423) 242-5364.



AA Convention with Al-Anon Participation



15th ANNUAL

SPRING FLING CONVENTION

“Rocketed Into a Fourth Dimension”

April 21 - 23, 2023



Friday 6:00 p.m. BBQ & Washers

Friday 8:00 p.m.

James L. – Tallahassee, FL

Friday 10:00 p.m. Young Person

Tina H. – Waukesha, WI

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

Saturday 10:00 a.m. Speaker Panel

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

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

Larcine G. – Hawthorne, CA

Saturday 3:00 p.m. Speaker

Workshop – James L. “Flames before the Spark”

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

Saturday 6:30 p.m. BANQUET

Saturday 8:00 p.m.

Don L. – Bellingham, WA

Saturday 9:30 p.m. Games w/prizes

Saturday 10:15 p.m. DJ & Dancing

Sunday 9:00 a.m. Breakfast

Sunday 10:00 a.m.

Belinda F. – New Orleans LA

ACTIVITIES

FRIDAY

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

SATURDAY

Banquet
Table Trivia
Speaker Panel
Speaker Workshop
Games w/prizes
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 3/22/23 for reduced room rate

10330 Natural Bridge Rd

St. Louis, MO 63134

314-426-5500

www.springflingstl.com

Spring Fling Chair – Emily S.

Registration Chair – Zoya R.

springflingconvention@yahoo.com

FREE PARKING

PLEASE REGISTER EARLY!!!

www.springflingstl.com for Credit Card or Venmo @springflingconv

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	\$20	_____
Door Registration	\$25	_____
Friday Night BBQ	\$15	_____
Friday Night Ice Cream Social	\$7	_____
Al-Anon Luncheon Saturday	\$25	_____
Banquet Saturday Night	\$40	_____
Sunday Breakfast Buffet	\$15	_____
Hospitality / Scholarship Donation		_____
Total Amount to be Paid		_____

Please list any special needs here: _____

Flyer revised 9-16-22

Cut-off for mail-in registration is April 8, 2023