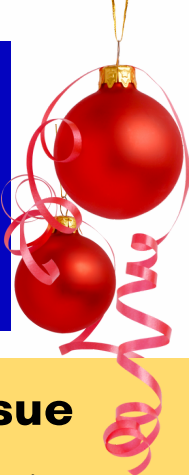


Mountain DECEMBER 2022

Downs

828-254-8539
Central Office is open
Monday-Friday
10am-1pm
info@ncmco.net



Her Real Purpose

by Ali W. - Laurel Park, NC

One alcoholic woman's metamorphosis from dreams of fame and soulmates to becoming a Hospice Nurse, with her Higher Power's guidance.

My first real drink was at age thirteen at a school party. The girl whose house it was at, had a housekeeper who bought us booze when her parents left town. I felt as though I had arrived. In younger days those little sips of drinks here and there with the grownups had been the epitome of becoming mature. But here I was finally allowed to explore the limitless bottle. I guzzled gin and finally told the boy I loved things I never could have sober. One girl fell down the stairs and made a hole in the wall with her feet. The party ended in a flurry of cops' sirens and scurried whispers when two of my best guy friends had been caught by the police drinking beers under a streetlamp. The fun had just begun.

I grew up in a college town, daughter of two ex-hippie parents who had met and wed at Duke and drifted apart slowly over my first eight years. I saw my father periodically but lived with my mother. Life as the only child of a single working mother for me was knowing how to balance the budget and iron silks by age eight. I would spend nights alone, in terror, at age ten and hours in TV land, where my young alcoholic mind fast learned to cling to fantasy, dreams of soulmates and fancy life.

The upside was all the freedom. Responsibility bred trust. My mom allowed me wine at home, vodka tonics at the beach and Pina colodas in Jamaica. I threw wild parties but always made sure to clean up. My dad took me to an annual outdoor party several times that seemed like a miniature Woodstock, where I was trusted to roam free and partake.

I went to the local college and began to go out every night of the week that ended in a "y". I began to establish a tunnel of denial by equating my passion for life to my ability to party freely. I prided myself on being chameleonic, blending from frat parties to downtown dive bars with grace and social flare. I spent a summer in Europe and found that the people I traveled with who didn't drink bored me and the ones who did were going to the countries I wanted to see. I studied at Oxford and knew that meant I was destined for great things, being a Master of Literature, a world-renowned actress, the next Shakespeare, or Meryl Streep.

After graduation I went to an acting school in Pasadena, CA, continuing the movie star dream. My trip was delayed by a DWI I got while stalking my latest soulmate contender, one night after shots. This red flag did not register for years, even though it delayed my trip significantly. Months passed before going to court and finally the charges were dropped because I had a good lawyer and wore a pretty dress to court. I attributed this success to my foxhole prayers, swearing off liquor the entire time I waited, receiving a full steam ahead, green light once the verdict came in. Hallelujah! God wanted me to chase soulmates and go to L.A. to become famous.

Thus began the pattern of my big-shot-ism defining what I pretended was God's will for me; later I would know this to be self-will run riot.

My attempt to be a movie star devolved into wild partying with the L.A. restaurant crowd, dry goods came into play. There were many crazy nights, renting a limo, riding a bucking bronco, cowgirl style in a mini skirt, or having dinner parties at homes where husbands got flirty, and advances weren't properly warded off. Acting became a fast illusion as I became shunned at my acting school because of

Inside This Issue

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3	COR/Board Meeting Information; Where to Find Meetings; Cash on Hand; Profit & Loss YTD
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my behavior at parties, activities with young men and my betrayal of my best friend. I wore it like a proud victim, believing nobody understood me, that I was a troubled, tortured artist, and didn't need those friends anyway. After school I stuck to restaurant work, increasingly blacking out on a regular basis. Everyone in the restaurant business drank like I did.

I worked at a seafood restaurant, peddling fish, then hostessing, then finally attaining that much cherished position of Server. It was the prized gold of any alcoholic, movie star wannabe, cherished for the vast quantities of freely flowing cash, off the books, coupled with exotic people who know how to spend it. People in L.A. bars passed drugs in bathrooms for free. There were many contenders for soulmate, many attempts at Prince Charming amongst Surfers, Chefs and Actors.

After a party at the seafood restaurant, I was raped by a new dishwasher named Jesus on Christmas Eve. In my tequila and Corona haze, I hit a parked car, and drove home in tears, without a thought of the owner. I joined a band of swashbuckling film choreographers. We were a motley crew of misfits, one former rock star, a few students from my acting school and many expert stage combatants, performing at birthday parties for kids, dressing up like pirates or fencers, leading kids on treasure hunts or refereeing fencing bouts.

We worked hard and we played hard, whether smoking in the parking lot while throwing assorted weapons at each other, or partying at strip joints for my bosses' birthdays. I was one of the guys and had something to be proud of, appearing in movies and a commercial. But every Saturday morning for five and a half years I showed up smelling of last night's liquor to teach a kid's class, with students ranging from ages five to thirteen, to charge at each other with swords! I figured if I could keep that mayhem under

(continued on page 5)

December Grapevine now available!



Remote Communities & Sober Holidays

This month's featured section is "Remote Communities & Sober Holidays," with stories by members about AA's remote communities. Also included are some memorable sober holiday stories.

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



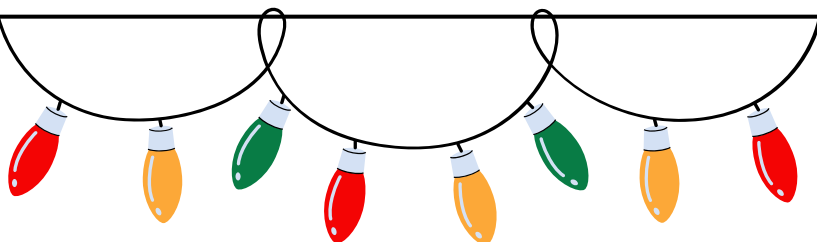
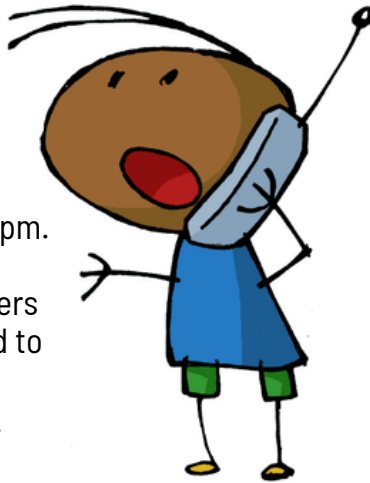
After-hours Phone Volunteers Needed

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.



Adopt-A-Doc Project

The CPC/PI Ad-hoc Committee of Central Office is making Adopt-A-Doc materials available to A.A. members to take to their physicians. This has been a highly successful project in which A.A. packets of information are prepared and distributed by A.A. members in local communities to healthcare providers. Each packet contains a letter to the doctor detailing ways in which we can cooperate in serving the "sick and suffering" alcoholic. Also included are several pamphlets on A.A. recovery, newcomer information, and local A.A. meeting schedules. These packets are distributed to local groups which are encouraged to share them with their doctors or healthcare providers.

If you are interested in obtaining one of these packets, contact your District's CPC/PI Chairperson through the District website:

District 70 - George M: cpc-pi@ashevilleaa.org
or <https://ashevilleaa.org/contacts/>

District 71 - Linda Jo S:
<https://www.nc71.org/contact>

District 80 - Nancy B: cpcpi80@aawnc80.com
or <http://aawnc80.com/contact-us>

Call & Visitor Log October 2022

12 Step Calls - 13
General Info - 3
Family Help - 3
Meeting Info - 23
Central Office Business - 76
Medical/Detox - 0
Visitors - 0
After-hours Volunteers - 49 calls



Visits to aancmco.org website:
Unique Visitors - 2,231
Total Visits - 5,056; Visits/Visitor - 2.27
Total Pages - 35,239; Pages/Visit - 6.97

COR/NCMCO Board Meeting

We have elected a new Chairperson, Mike McC., who has served the NCMCO Board in the past. Tammy, our current Treasurer, has volunteered to serve an additional term. Thank you both! And many thanks to Patrick A. and Carol N. for your service as Chair and Alternate Chair respectively.

COR/Board meetings are held the second Thursday of odd-numbered months. All A.A. members are welcome to attend but only CORs may vote so we encourage your group to elect a COR. Your input is important to us!

The next combined meeting will be **Thursday, January 12, at 6:00pm**, via Zoom: Meeting ID: 757 855 2319
Passcode: 000000

We will be electing a new Alternate Chair and approving the Budget for 2023.

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 10/31/2022

Prudent Reserve - \$16,116.97
Operating Account - \$14,053.65
Rent Deposit - \$400.00
Petty Cash - \$50.00

Profit & Loss YTD

	Oct 2022	Jan - Oct, 2022 (YTD)
Income		
Contributions	\$132.27	-\$8,667.73 *
Birthday Contributions		\$567.00
Group Contributions	\$2,823.18	\$25,183.03
Individual Contributions	\$125.41	\$1,636.83
Total Contributions	\$3,080.86	\$18,719.13
Interest on Money Market	\$1.37	\$10.49
Sales Income		
Literature & merchandise	\$4,019.72	\$22,582.42
Shipping charged to groups	\$70.51	\$496.20
Total Sales Income	\$4,090.23	\$23,078.62
Uncategorized Income	\$1,500.00	\$1,500.00
Total Income	\$8,672.46	\$43,308.24
Cost of Goods Sold		
Cost of Goods Sold	\$1,956.38	\$1,967.38
Freight - vendor shipping	\$8.95	\$266.07
Inventory Adjustments		\$28.33
Literature & merchandise	\$2,952.67	\$17,523.31
Shipping to groups	\$71.08	\$500.76
Total Cost of Goods Sold	\$4,989.08	\$20,285.85
Inventory Shrinkage	\$13.11	\$14.09
Total Cost of Goods Sold	\$5,002.19	\$20,299.94
GROSS PROFIT	\$3,670.27	\$23,008.30
Expenses		
Computer Expenses		\$2,620.27
Copier Expenses		\$2,107.06
Credit Card Processing		
PayPal Fee	\$10.01	\$171.19
Total Credit Card Processing	\$10.01	\$171.19
Insurance Expense		\$605.00
Office Expenses	\$1,944.11	\$2,079.02
Office Supplies	\$407.87	\$770.65
Payroll Expenses		
Gross Salary	\$1,340.00	\$14,050.00
Payroll Taxes (Company)	\$102.52	\$1,074.93
Total Payroll Expenses	\$1,442.52	\$15,124.93
Rent	\$604.00	\$5,980.00
Stamps/Postage		\$7.38
Telephone & Internet		
Office Telephone/Internet	\$129.98	\$1,299.80
Web Expenses		\$217.29
Total Telephone & Internet	\$129.98	\$1,517.09
Total Expenses	\$4,538.49	\$30,982.59
NET OPERATING INCOME	-\$868.22	-\$7,974.29
Other Expenses		
Contributions to qualifying charitable organizations (AAWS)	\$1,000.00	\$1,000.00
Total Other Expenses	\$1,000.00	\$1,000.00
Net Other Income	-\$1,000.00	-\$1,000.00
NET INCOME	-\$1,868.22	-\$8,974.29

* Credit set up for CPC/PI Ad-hoc Committee from surplus funds



Contributions

Group Contributions:	Oct 2022	YTD
12 & 12 Study Group 717-595	\$34.00	\$59.00
Acceptance Group 122-477	\$349.50	\$1,193.77
Agnostics, Atheists & Freethinkers AA Group		\$1,200.00
As Bill Sees It-Brevard 374-290	\$100.00	\$150.00
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	\$191.25	\$626.40
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		\$51.80
Candler KISS Group 163-148	\$95.00	\$220.00
Cashiers Valley Grp 122-589	\$229.32	\$884.90
Cedar Mountain Group 161-082		\$420.00
Conscious Contact Group - Asheville		\$800.00
Cullowhee Valley Group 118-129		\$46.20
Cumberland Group 122-472		\$250.00
Daily Decisions 643-869	\$424.24	\$2,169.71
Day by Day Group 159-058	\$81.51	\$1,537.90
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	\$133.00	\$266.33
Hendersonville Men's Group		\$100.00
Hendersonville Women's BBSS 723-106		\$269.45
Joy of Living - Brevard 669-820		\$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
Micaville 12 & 12	\$100.00	\$100.00
Mission Group 606-119		\$46.00
Monday 6:00 Open Meeting	\$62.59	\$188.59
Mountain View Group (Highlands) 110-598	\$75.19	\$324.38
New Freedom Group 700-124		\$100.00
On Awakening Group		\$900.00
Practicing Principles 667-311	\$44.58	\$269.50
Recovery by the River 674-892		\$464.87
Roundtable Group 135-605		\$150.00
Safe & Sound Group 645-654		\$392.91
Saturday Morning Men's Meeting	\$75.00	\$375.00
Serenity Service Group 110-498		\$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
Spruce Pine Saturday Morning Group 110-679	\$103.00	\$103.00
Sunshine AA Group 163-759	\$100.00	\$100.00
Surrender Group - Black Mtn 660-428	\$125.00	\$175.00
The 164 Group		\$17.12
The Principles Group 675-162		\$100.00
Traditional Group 110-499	\$250.00	\$500.00
Waynesville Grace Group 110-692		\$1,298.67
We Think Not Group 700-411		\$164.00
Women of Courage Group 688-025		\$750.00
Yet To Be Known Group	\$80.00	\$180.00
Young People's Group 645-646	\$170.00	\$235.00
Total Group Contributions:	\$2,823.18	\$25,183.03

Individual Contributions:	Oct 2022	YTD
Anonymous	\$5.41	\$116.29
Annie B.		\$3.00
Dagmar A.		\$200.00
Jill L.		\$50.00
Judy M.		\$80.00
Katherine H.		\$140.00
Kay G.	\$15.00	\$150.00
Margaret N.		\$50.00
Neal L.	\$50.00	\$50.00
Pam C.		\$5.32
Roland B.		\$12.22
Sandra S		\$70.00
Shannon K.	\$25.00	\$250.00
Sheila D.	\$20.00	\$200.00
Wm "Pat" D.		\$160.00
In Memory of B.G.	\$10.00	\$100.00
Total Individual Contributions:	\$125.41	\$1,636.83

Birthday Contributions:	Oct 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

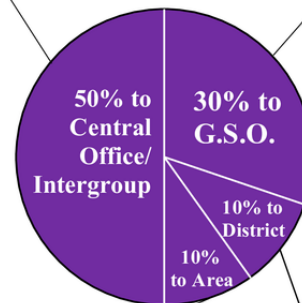
Mountain Doin's Subscriptions:	Oct 2022	YTD
Total Contributions:	\$0.00	\$0.00
Total Contributions:	\$2,948.59	\$27,386.86

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



Her Real Purpose *(continued from page 1)*

control, I must be controlling my drinking. But every moment I wasn't working I was living to drink.

I tried a fresh start, moved from CA to NY, geographic number two. I continued to pursue my acting career, this time on the stage. Finally, I could drink like I wanted. I was a NY artist, acting in small off-Broadway plays, and working at a restaurant in downtown Manhattan, the first to reopen after 9/11. Being a part of that world after the attacks was like cherishing every moment of life fully, while simultaneously grieving non-stop. I drank with firefighters and Financial District survivors, doing my part, one vodka soda at a time. I dated a man who had walked barefoot through the rubble from downtown Manhattan to the Queensboro Bridge, searching for his friends and coworkers. That made for many weekends drinking on days off from morning until closing time.

In a year and a half, I was promoted to General Manager in my company, opening a restaurant of my own by Ground Zero. This success was certain proof that I didn't have a drinking problem. My Brooks Brothers suit was too! Finally, I had the fancy life, with oysters at Blue Fin and truffles from Batali. People who ate like that couldn't have a drinking problem. One of my favorite restaurants mimicked that painting by Klimt, The Kiss. I would order the most expensive choice, a fourteen-course tasting menu, paired with wines for each dish. I would hobble home ungracefully, having guzzled every last free-flowing, ample drop, while most people sipped wine to accentuate the food.

I dated another heavy drinker and one night we went into the bowels of a subway line at Union Square. We walked deep into its tunnels, jumping aside to avoid an oncoming train. I kicked what I thought was a heap of blankets or a corpse, and a paper-thin man bolted upright to grab at my legs. I jumped up onto the subway platform, barely evading his grasp. Emerging from the tunnel, my boyfriend had climbed the stairs on the opposite side of the platform. He flung himself out onto what he thought was the live third rail. I will never forget the look in his eyes.

Time stopped. He seemed suspended midair, a look of despair and severity on his face. He landed on a light pine wood cover, which shielded the highly electrified rail. He hadn't known it was there. That look of empty terror is how I felt at my bottom.

My next soulmate prospect was the superintendent of the building my restaurant was in. He was a Puerto Rican man from the Bronx and worked and drank like I did. I could pass out in his apartment above my restaurant and then be available to jump downstairs for food deliveries, or one time for a gas leak, after a passerby had knocked over my outdoor heater. The relationship quickly proved to be emotionally abusive. I am sure it went both ways, as this process of trying to shove every semblance of Prince Charming into the glass slipper of what my life as a drunk actually was, proved painful and exhausting. We got engaged and some part of me truly believed that a marriage to the right man would fix it. But most days were sheer hell, and I could barely stand to turn the key to my small apartment in Queens where we lived. My outside world slowly began to look like the whirlwind I felt on the inside. My problems were definitely piling up.

Then in January of 2011, a bad blizzard hit New York. Garbage bags formed a wall that lined the street to my apartment. A six-foot-high divider of trash, iced over, melted, and re-iced, created a feeling of being trapped, just like I felt in needing to drink every day and not wanting to. I would wake up sick from the night before, with a splitting headache, then mask my condition with mints and make up. I'd make it through each day determined not to drink that night, and then, by work's end, I always found some inane reason to drink - stress, hard work, fights with the fiancé, busy dinner service. It was like a speeding locomotive I couldn't get off of.

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 A.A.s, 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.

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.

Maple Grove Group Speaker Meeting/Christmas Party. Friday, December 16, 6:45pm-8:30pm. Punch, cookies, and snacks - please bring a dish. Matthew D. will be the speaker at the 7:00pm meeting. Maple Grove Methodist Church, 79 Maple Grove Church Rd, Waynesville, NC 28786

YANA Group Christmas Eve / Christmas Day and New Year's Eve / New Year's Day Alkathons - Murphy. The YANA Group is hosting a Christmas Eve Alkathon, **Saturday, December 24**, from Noon to Midnight. On Christmas Day, **Sunday, December 25**, the group will host an Alkathon from Noon to 6:00pm. They are also hosting a New Year's Eve Alkathon, **Saturday, December 31**, Noon to Midnight and a New Year's Day, Alkathon, **Sunday, January 1**, Noon to 6:00pm. Meetings every other hour; fellowship and snacks between meetings. Murphy First United Methodist Church, 73 Valley River Ave, Murphy, NC 28906

Asheville Acceptance Group Anniversary. Friday, January 20, 11:30am-2:30pm. Sobriety Countdown, Food, and Fun! Kenilworth Presbyterian Church (Kenilworth Center), 4 Chiles Ave, Asheville 28803

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



One night the snow was coming down hard. My neighbors were home safe with candles and water. I went to a local dive bar for martinis and cigarettes. On the walk home I came upon an elderly woman walking down my street in the heavy drift. From behind her I slurred the words, "Can I help you home, ma'am?" She wobbled around to face me on her snow-swept legs and said, "No!" There was horror in her eyes. The gig was up.

The following Friday I had a couple's therapy appointment with the fiancé, and I was afraid he was going to tell her I was an alcoholic,

(continued on page 6)



Her Real Purpose *(continued from page 5)*

but partly, was hoping he would. After recently having to skip his shower before work, to avoid the red-wine-vomit-stained, ripped down shower curtain, he had looked me in the eyes, with kindness and concern, and said, "Yo, Ali, I think you got a drinking problem." I could hear him, and I knew it to be true, even as I fought to present myself as okay yet again with perfumes, eye makeup, Listerine strips and eye drops. I knew the therapist could see right through me. And I was glad. But I had no idea that the beginning of my success in recovery was to depend on what happened next.

Walking down the sidewalk as I stepped over the cracks, I felt a wave of surrender wash over me. I was unable to make one more attempt at hiding the truth. I prayed to God for help, conceded to my innermost self that I was an alcoholic. I was broken. There was nothing more. I would do anything. And suddenly - there was peace.

My therapist gave me the info for two A.A. meetings. I arrived late to the first one, a 2:45 beginners meeting. I could barely pull myself up those pale turquoise and pink tiled stairs, smelling of urine and mildew, but trudged on, knowing this to be my only hope. I sat in the last available seat and looked around to see a Broadway star, a construction worker, a bike messenger. And then a speaker, who reminded me of me. She had long, brown hair and brown eyes. She was in the restaurant business and hadn't married or had kids. She lived only to help other alcoholics. She sparkled. During the shares she called on me and I said, "My name is Ali, and I'm an alcoholic." It was the first time I had said it out loud though my heart had known it for a long time. "I was afraid of coming here because I thought I would be admitting I was the biggest loser in the world, but now that I'm here and I hear you guys share, I realize I have found the biggest winners."

That woman became my sponsor and I believe she saved my life. I had been able to call her the first two nights I was detoxing, and she told me to fluff my pillow, get the bad dreams out, read the stories in the back of the Big Book whenever I couldn't sleep. The next day I felt so much gratitude for her answering the phone in the middle of the night, that I tried to thank her. She retorted, "That's just how we do."

We began to meet once a week after a women's meeting that was my first home group, DIVAs (Divinely Inspired Vivacious Alcoholics). We went to Pigalle, a French Bistro where we began to talk about the steps. She had to tell me to slow down, that in the old days they would do a step a year. I respected her. She is a distant relative of Lois Wilson's and an A.A. warrior. I listened. I followed her suggestions. She told me I had done steps one, two and three by coming in and admitting I was a wreck and couldn't do it alone, by asking God and the program of AA for help. We worked a fourth step and began a fearless, but not entirely thorough inventory. I wasn't quite ready, and now I know why early A.A.s may have waited. The dust had to clear a little for the roots of the problems to be revealed, the hows and the whys of it. But she got me through the first eighteen months. I felt I had a sponsor in my pocket because we texted constantly. She had texted congratulations each day for the first ninety. On my ninetieth day I attended the memorial for her sponsor. They had a meeting as part of the service. In NY you speak after you get ninety days. She stood on the front row and recited "How it Works" without looking at the sheet. I still carry that image with me when I hear those sacred words recited.

I started to make my new, budding recovery the most important part of my life. I was told anything I put before my sobriety I would lose and to not make any major changes. So, I continued with the job and the relationship, until I reached a year of sobriety and then started to make slow changes. I ended the relationship and gave two months' resignation at the restaurant. I went to India for six months to volunteer helping children. From there I Skyped my sponsor and took a taxi ninety miles each way, to attend a meeting. A contact from a meeting hooked me up with an A.A. in Delhi who took me to a meeting to hear "the language of the heart". I didn't understand until the speaker at one point uttered the magic words "gin and tonic". I burst into laughter, feeling the familiar warm blanket of being with people like me, the magic medicine of the rooms of Alcoholics Anonymous. It is always there for me, wherever I go.

Life on life's terms got a little bumpy. I married a man from the children's home where I had volunteered. After starting a life with him, here in the mountains of NC, he went home to marry another woman. Doctors found a suspicious mass in my colon, which required surgery to remove. And I worked third shift at a job I hated. Finally, I was led into a group of Alcoholics Anonymous that worked the steps the way they believed the original one hundred had, straight out of the Big Book. It was a thorough process and, at first, I was resentful that I had to do another inventory that took me so long to write. I mean, hadn't I done the work? Didn't I have enough self-knowledge to fix it? But as I began to do the writing, especially when I got to the fear inventory, I felt God rush in to help. It wasn't up to me to fix it! My Higher Power wanted to make life less rough going, not more! I began to learn what really turning it over was. How could I get out of the way when I didn't see all the ways my brand of crazy interfered? I had to write it all down and look at it, just as it says in the book, *Alcoholics Anonymous*, p. 67: "When we saw our faults, we listed them. We placed them before us in black and white. We admitted our wrongs honestly and were willing to set these matters straight."

I was slowly ushered into a new way of living which was beyond my wildest dreams. I had no idea that the instructions were all in the Big Book. We talked about solutions and how to allow my will and God's will to be one. I found my Higher Power flowed into my life and guided me, to the exact extent that I was willing to do the work. After my fifth step I conducted six and seven exactly as the instructions say. I began my amends and found that it was not as torturous as I had imagined. Each particular instance was looked at, and if I had done harm, I righted it.

*I found my Higher Power flowed into
my life and guided me, to the exact extent
that I was willing to do the work.*

Turns out looking at it took the most courage. I can now say that I have completed all my ninth step amends, but I continue to work the tenth step to keep harmony in my life. When new resentments crop up and I behave badly, I write it out; call my sponsor or a fellow A.A. And then I can make amends. I pray and meditate morning and night and do service where I am guided. Today I have a program that allows me to cross over, beyond the wall of my old behavior patterns and views into the arms of a loving Angel of a higher power in one of its many forms. From the safety of this embrace I can peer back through the past and view it as what it really is - a dark time I have survived. My past is a profound gift that shapes who I am becoming, provides a platform from which to help other women in recovery, and schools me as to where I am to grow. I let go of trauma as part of my identity and I claim life as a full, ever-evolving, beautiful woman of sobriety, recovering in expanding waves, in long, slow healing.

I have celebrated years in the rooms of Alcoholics Anonymous, but am reminded by my sober sister, one of the most important people in my life, that it really is always one day at a time. I can so easily get ahead of myself, pretending I need that big-shot-ism attitude again, share in meetings to sound good, or brag about being a sponsor to the most struggling alcoholic, or about going on crazy twelfth step calls. And I can also easily go backwards, believing all the time I have means nothing, reverting to old habits of neediness, forcing a relationship, instead of remembering God is the only real partner I need.

With this guidance in my life, I went back to school to become a Hospice Nurse. I help people at the end of their lives and their loved ones during some of their most difficult times. I GET to do that today. It is not unlike the way you guys helped me up from the floor when I was down, extended the loving hand of A.A. and showed me a new way of existence, a life without alcohol, and gradually, one with sanity and serenity. There are no words to express what that hand meant to me, so I will continue to reach mine out, guided by my higher power, to those around me. I find pleasure in being there for those in need, spending hours supporting my patients as well as other women in recovery. Being helpful is my only aim.

The Service Express

District 70

GSR Business Meeting – usually held the 2nd Sunday of the month. There will not be a meeting in December. The next meeting will be **Sunday, January 8, 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! (**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, contact Scott at access@ashevilleaa.org.

Archives Committee needs you! Chairperson is Dennis H. 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 – The Women's Corrections Chair is Tammy Z. Contact her at corrections_women@ashevilleaa.org. To connect with Andrew H., the Men's Corrections Chair, attend the next GSR meeting.

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 Mike. 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 Avery L., the new Bridging the Gap Chair. 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 meets in person quarterly with the other two meetings monthly via Zoom. The next meeting will be in person **Saturday, December 10, 9:30am**, at St. John in the Wilderness (in the Wilderness room), 1895 Greenville Highway, Flat Rock, NC 28739. 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:

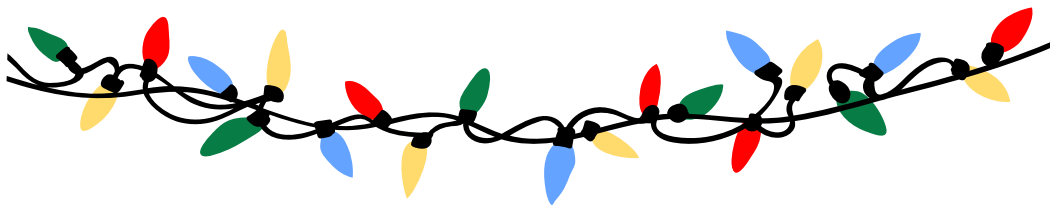
District 70: (Since website contacts and email addresses are still under review, please attend the District 70 GSR Business Meeting in order to connect with the District Registrar. See Zoom link above or check the District 70 website: <https://ashevilleaa.org/calendar/>)

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

District 80: Email: webmaster@aawnc80.com



Happy Anniversary!



Acceptance Group

Cathy C.	12-11-2017	5 yrs
Bill W.	12-13-2019	3 yrs
Jack B.	12-14-1982	40 yrs
Carolyn B.	12-17-1993	29 yrs
Perry C.	12-20-1986	36 yrs
Tom G.	12-22-2002	20 yrs

Back to Basics Group - Weaverville

Steve R.	12-11-2018	4 yrs
Stacie S.J.	12-14-2019	3 yrs
Tom H.	12-19-1975	47 yrs
Mary M.	12-30-2020	2 yrs

Black Mountain Group

Dean F.	12-18-2006	16 yrs
Bill C.	12-24-1989	33 yrs
Hans P.	12-26-2015	7 yrs
Jeff H.	12-31-2016	6 yrs

Brevard Serenity Group

Katie K.	12-11-2019	3 yrs
Joe W.	12-20-2000	22 yrs
Sally W.	12-25-2019	3 yrs

Candlelight Group

Matt H.	12-31-2015	7 yrs
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Candler K.I.S.S. Group

Jason H.	12-23-2015	7 yrs
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Conscious Contact Group

Mitch A.	12-13-2018	4 yrs
Margaret Grace	12-21-2020	2 yrs

Cumberland Group

Joey K.	12-08-2008	14 yrs
Lynne K.	12-16-2008	14 yrs
Gene K.	12-22-1986	36 yrs

Daily Decisions Group

Caleb T.	12-26-2019	3 yrs
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Fellowship Group

Nan L.	12-02-1988	34 yrs
Gary S.	12-05-2019	3 yrs
George K.	12-14-1971	51 yrs
Nick M.	12-19-2016	6 yrs
Randine A.	12-26-2017	5 yrs

Good Livers Group

Doug M.	12-01-1985	37 yrs
Judy H.	12-10-1988	34 yrs
Jon P.	12-23-2003	19 yrs

Grace Group

Bill C.	12-07-1987	35 yrs
Mickey S.	12-09-2019	3 yrs
Annie M.	12-09-2020	2 yrs
Jonathan L.	12-09-2020	2 yrs
Barbara K.	12-10-2018	4 yrs
Rebecca B.	12-10-2019	3 yrs
Bob W.	12-15-1985	37 yrs
Carter M.	12-17-2006	16 yrs
Sarah M.	12-23-2021	1 yr
Carol N.	12-28-2010	12 yrs

Happy Hour Group

Crystal A.	12-17-2013	9 yrs
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Hendersonville Group

Patty W.	12-01-2007	15 yrs
MaryJo L.	12-08-2000	22 yrs
Chris K.	12-25-1985	37 yrs

Hendersonville Men's Group

Joe B.	12-09-1989	33 yrs
John O.	12-14-2018	4 yrs
Robert K.	12-15-2016	6 yrs
Tom G.	12-20-2016	6 yrs
Rick A.	12-22-2019	3 yrs
Ron S.	12-24-2015	7 yrs
Steve W.	12-27-1998	24 yrs

Lambda Group

Gretchen M.	12-25-2020	2 yrs
George M.	12-26-2017	5 yrs
Mark L.	12-27-2014	8 yrs
Jody C.	12-29-1987	35 yrs

Leicester Group

Jo R.	12-30-2007	15 yrs
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Library Group

Bryan D.	12-08-2016	6 yrs
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Mars Hill Group

Tammy T.	12-27-2010	12 yrs
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Motley Crew/Columbus

Judy H.	12-31-1989	33 yrs
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ODAT Group - Rutherfordton

Marie K.	12-10-1992	30 yrs
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Serenity Seekers - Marion

Donnie D.	12-07-2019	3 yrs
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Total Surrender Group

Lindsey H.	12-14-2021	1 yr
Sarah B.	12-17-2021	1 yr
Wes W.	12-17-2021	1 yr
Fred C.	12-28-1987	35 yrs
Chad C.	12-30-2021	1 yr

Traditional Group

Dennis T.	12-25-1980	42 yrs
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West Asheville Group

Mike L.	12-29-2017	5 yrs
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Women's Big Book Step Study Group

Linda F.	12-12-1986	36 yrs
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Young People's Group

Garrett J.	12-15-2015	7 yrs
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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 January newsletter deadline for sending in anniversaries and announcements is December 15.

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2 Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3 Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



4 Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



6 If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



8 Worship in your own way.



9 Don't sit around brooding. Catch up on those books, museums, walks, and letters.



10 Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



11 Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



12 "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

To download a copy of "Twelve Tips on Keeping Your Holiday Season Sober and Joyous," go to: https://www.aa.org/sites/default/files/newsletters/en_box459_holiday16.pdf

Christmas
Party
SPEAKER
MEETING

December
16th
Maple
Grove
UMC
6:45pm
Punch,
cookies,
and
snacks
7:00
Speaker:
Mathew
D.

Please
bring
a
dish

79
Maple
Grove
Church
Rd.
Waynesville,
NC
28786



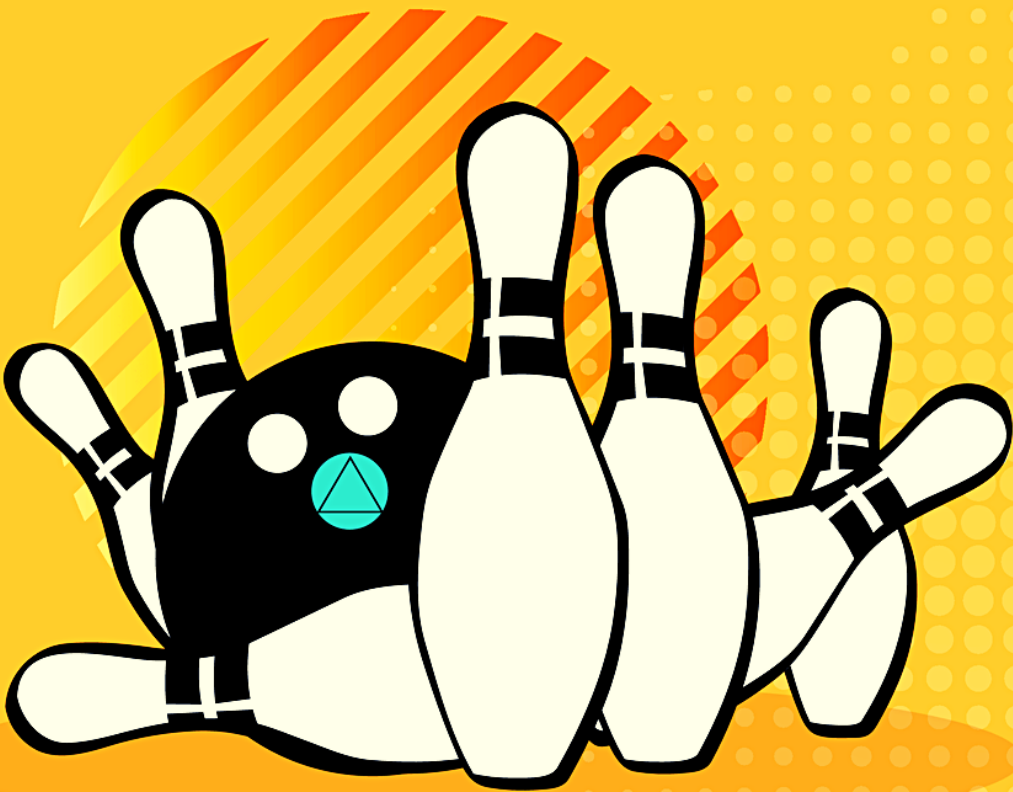
(They have great food too!)

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

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.



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

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

Merchandising &
Marathon Meetings &
Activities Room Open
All weekend long

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: _____