

Mountain Doin's

**FEBRUARY
2023**

828-254-8539

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

info@ncmco.net



Payback

by Allie F. - Paw Paw, MI

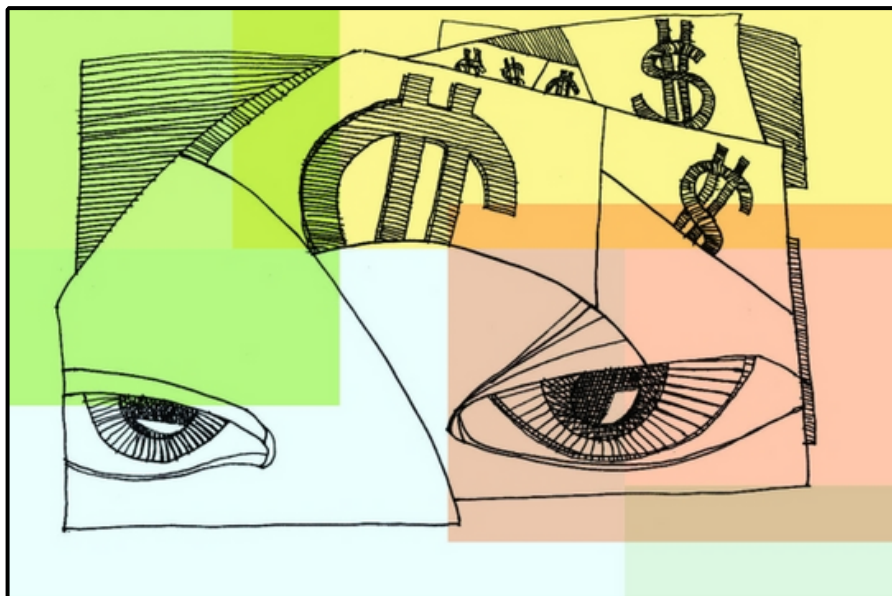
*Her drinking and stealing damaged their friendship.
But the healing the Steps gave them was priceless.*

The night had started out like any other. I had thrown myself together as best I could to pull off the appearance that I was a normal, functioning adult. I hoped that most of my drinks would be bought for me as I didn't have a penny to my name.

I was 25 years old and a full-blown alcoholic. I hadn't worked in almost a year, as a job would have gotten in the way of my drinking. I had spent two weeks in a rehab a few months earlier, but I drank the day I got out. I knew I had a problem with alcohol, but I was in deep, deep denial. I still thought I wasn't "that bad" and that I'd have no problem quitting drinking when it got bad enough. The fact that stealing had now become a daily routine for me should have been a sign that my life was spiraling out of control, but the thought never even crossed my mind.

Two months earlier, I had moved in with my good friend who I'd known for 10 years. I had done my best to hide the extent of my drinking so she wouldn't suspect anything. She worked as a hairdresser and brought home cash after every shift.

I soon figured this out and crossed yet another line that I had sworn in the past I'd never cross. When she wasn't in the room, I'd go into her purse and take out \$10 here, \$20 there. I justified it by telling myself that I wasn't taking very much, but the truth was that I was taking small amounts because I didn't want her to know. Finally, one fateful night, I got caught. Sitting at the bar, trying to keep my drink down so the shakes would go



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away, I received a text from her asking, "Did you take \$20 out of my wallet?"

I panicked. I had no intention of being honest, but I was worried she'd no longer trust me and would be much more careful with her money, thus cutting me off. I tried to think of all the lies I could tell to best get away with it, but I decided to first reply with a simple, "No, of course not!" and let my brilliant ideas come to me once I'd had a few more drinks.

As fate would have it, I had a lot more to worry about that evening, as I ended up getting a second drunk driving charge and spent the weekend in jail. The missing \$20 was never spoken of again between my friend and me but I was told politely that it would be best for me to move out. I wish I could say that was the moment I turned my life around, but I had another four years of destruction ahead of me before I was truly ready to take that First Step.

My friend and I still stayed in contact over that time, but our friendship wasn't the same. I had given a half-baked apology at one point for being a bad roommate, but I never admitted to the theft. I figured it was something I would take to the grave.

I am thankful that once I was in recovery, my view of the situation changed. When I got to my Eighth Step, she was on the top of my list. I was honest with my sponsor about the whole story and I was determined to take responsibility for taking the \$20, but I still

(continued on page 5)

February Grapevine now available!



Making Amends

This month's issue features "Making Amends." AA members share powerful experiences about how they made their Ninth Step Amends.

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



After-hours Phone Volunteers Needed

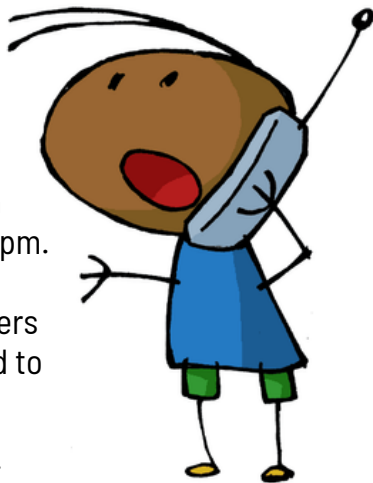
Central Office is looking for volunteers to answer the phone from 1:30pm in the afternoon until 9:30am the next morning. Most nights don't see more than a call or two, rarely after 10 or 11pm. Most callers are interested in meeting information so volunteers should have the internet at hand to access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



Grapevine 2023 Carry the Message Project

Want to help another alcoholic? Grapevine and La Viña are Great Twelfth Step Tools!



[Learn more here!](#)

Call & Visitor Log December 2022

12 Step Calls - 6
General Info - 3
Family Help - 3
Meeting Info - 24
Central Office Business - 66
Medical/Detox - 0
Visitors - 21
After-hours Volunteers - 33 calls



Visits to aancmco.org/ website:
Unique Visitors - 2,259
Total Visits - 4,699; Visits/Visitor - 2.08
Total Pages - 31,200; Pages/Visit - 6.64



COR/NCMCO Board Meeting

In January we approved the 2023 Budget presented by Tammy and elected a new Alternate Chairperson, John D. All the District Trustee positions have also been filled so we have no open positions on the Board! We thank everyone - past and current Board members and Group CORs - for their service.

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, March 9, at 6:00pm**, via Zoom: Meeting ID: 757 855 2319
Passcode: 000000



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 12/31/2022

Prudent Reserve
\$16,119.66
Operating Account
\$11,421.37
Rent Deposit - \$400.00
Petty Cash - \$50.00

Profit & Loss YTD

	Dec 2022	Jan - Dec 2022 (YTD)
Income		
Contributions	\$1,720.82	\$6.52
Birthday Contributions		\$567.00
Group Contributions	\$1,984.45	\$29,799.41
Individual Contributions	\$292.13	\$2,016.37
Total Contributions	\$3,997.40	\$32,389.30
Interest on Money Market	\$1.37	\$13.18
Sales Income		
Literature & merchandise	-\$2,322.31	\$22,642.89
Shipping charged to groups	-\$25.61	\$530.11
Total Sales Income	-\$2,347.92	\$23,173.00
Uncategorized Income	-\$1,500.00	\$0.00
Total Income	\$150.85	\$55,575.48
Cost of Goods Sold		
Cost of Goods Sold	-\$608.29	\$11.00
Freight - vendor shipping	\$24.30	\$324.47
Inventory Adjustments		\$28.33
Literature & merchandise	-\$1,307.68	\$17,874.91
Shipping to groups	-\$25.61	\$539.18
Total Cost of Goods Sold	-\$1,917.28	\$18,777.89
Inventory Shrinkage		\$20.06
Total Cost of Goods Sold	-\$1,917.28	\$18,797.95
GROSS PROFIT	\$2,068.13	\$36,777.53
Expenses		
Computer Expenses	\$26.99	\$2,647.26
Copier Expenses		\$2,107.06
Credit Card Processing		
PayPal Fee	\$27.84	\$225.16
Total Credit Card Processing	\$27.84	\$225.16
Insurance Expense		\$605.00
Office Expenses	-\$2,269.13	\$179.88
Office Supplies	-\$375.67	\$420.66
Payroll Expenses		
Gross Salary	\$1,340.00	\$17,400.00
Payroll Taxes (Company)	\$102.52	\$1,331.23
Total Payroll Expenses	\$1,442.52	\$18,731.23
QuickBooks Expenses	\$150.00	\$150.00
Rent	\$604.00	\$7,188.00
Stamps/Postage		\$7.38
Telephone & Internet		
Office Telephone/Internet	\$139.98	\$1,579.76
Web Expenses		\$237.28
Total Telephone & Internet	\$139.98	\$1,817.04
Total Expenses	-\$253.47	\$34,078.67
NET OPERATING EXPENSES	\$2,321.60	\$2,698.86
Other Expenses		
2021 Excess Funds Spending	\$8,467.55	\$8,467.55
Contributions to qualifying charitable organizations (AAWS)		\$1,000.00
Total Other Expenses	\$8,467.55	\$9,467.55
Net Other Income	-\$8,467.55	-\$9,467.55
NET INCOME	-\$6,145.95	-\$6,768.69

The negative amounts are related to the 2021 Surplus Funds - CPC/PI Ad-hoc Committee project.



Contributions

Group Contributions:	Dec 2022	YTD
12 & 12 Study Group 717-595		\$59.00
Acceptance Group 122-477		\$1,193.77
Agnostics, Atheists & Freethinkers AA Group		\$1,800.00
As Bill Sees It-Brevard 374-290		\$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		\$626.40
Black Mountain Lakeside Group of A.A.		\$85.00
Brevard Serenity Group 631-231	\$90.00	\$307.50
But for the Grace of God Group 629-162		\$51.80
BYOC - Bring Your Own Coffee		\$100.00
Candler KISS Group 163-148		\$220.00
Cashiers Valley Grp 122-589		\$884.90
Cedar Mountain Group 161-082		\$420.00
Conscious Contact Group - Asheville		\$1,000.00
Cullowhee Valley Group 118-129		\$46.20
Cumberland Group 122-472		\$250.00
Daily Decisions 643-869		\$2,169.71
Day by Day Group 159-058		\$1,537.90
Early Bird Group 612-780		\$456.00
Emotional Sobriety Group 725-136		\$150.00
Fellowship Group, Fletcher 655-542	\$500.00	\$1,000.00
Fireside Group 655-046		\$739.00
Grace Group of Asheville 161-970		\$2,409.35
Happy Hour Group - Hendersonville 169-182		\$373.51
Hendersonville Group 110-594	\$133.00	\$532.33
Hendersonville Men's Group		\$100.00
Hendersonville Women's BBSS 723-106		\$269.45
Joy of Living - Brevard 669-820	\$69.01	\$285.84
Lambda Group 617-035		\$186.74
Liars Club		\$180.00
Library Group 672-283	\$128.50	\$128.50
Live & Let Live - Forest City		\$50.00
Lost and Found Group 000427291		\$67.50
Mars Hill Group 130-895	\$50.00	\$200.00
Marshall Group 100-489		\$150.00
Men's Attitude Adjustment Group 670-850		\$54.00
Micaville 12 & 12		\$100.00
Mission Group 606-119		\$46.00
Monday 6:00 Open Meeting		\$188.59
Mountain View Group (Highlands) 110-598	\$105.44	\$429.82
New Freedom Group 700-124		\$100.00
Noontime Big Book Study	\$16.03	\$16.03
On Awakening Group		\$900.00
Phoenix Group 697-148	\$120.00	\$120.00
Pisgah Group 682-099		\$200.00
Practicing Principles 667-311	\$41.25	\$310.75
Recovery by the River 674-892	\$162.03	\$626.90
Roundtable Group 135-605		\$150.00
Safe & Sound Group 645-654	\$49.04	\$441.95
Saturday Morning Men's Meeting	\$75.00	\$525.00
Serenity Service Group 110-498	\$325.00	\$1,654.00
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 Group 110-679	\$79.00	\$79.00
Spruce Pine Saturday Morning Group 110-679		\$103.00
Sunshine AA Group 163-759		\$100.00
Surrender Group - Black Mtn 660-428		\$175.00
The 164 Group		\$17.12
The Principles Group 675-162		\$100.00
Traditional Group 110-499		\$500.00
Waynesville Grace Group 110-692		\$1,298.67
We Think Not Group 700-411	\$41.15	\$205.15
Women of Courage Group 688-025		\$1,115.00
Yet To Be Known Group		\$180.00
Young People's Group 645-646		\$235.00
Total Group Contributions:	\$1,984.45	\$29,799.41

Individual Contributions:	Dec 2022	YTD
Anonymous	\$21.13	\$154.83
Annie B.		\$3.00
Brian S.	\$1.00	\$1.00
Dagmar A.		\$200.00
Jill L.		\$50.00
Jim H.	\$100.00	\$100.00
Judy M.		\$80.00
Katherine H.		\$140.00
Kay G.	\$15.00	\$180.00
Margaret N.		\$50.00
Neal L.		\$50.00
Pam C.		\$5.32
Roland B.		\$12.22
Sandra S		\$70.00
Shannon K.	\$25.00	\$300.00
Sheila D.	\$20.00	\$240.00
Susan M.	\$100.00	\$100.00
Wm "Pat" D.		\$160.00
In Memory of B.G.	\$10.00	\$120.00
Total Individual Contributions:	\$292.13	\$2,016.37

Birthday Contributions:	Dec 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

Total Contributions: \$2,276.58 \$32,382.78

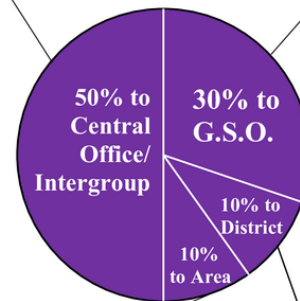
Suggestions & Addresses for sending Donations to the A.A. Service Structure*

Revised for 2023

* 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 17271
Raleigh, NC 27619

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



Payback *(continued from page 1)*

wasn't sure if I should come clean about the rest of the money I stole. I didn't know the exact amount I had taken, but I guessed it was around \$300. My sponsor first asked if I had that amount of money to give to her and, coincidentally, I did have extra money (which was unusual for me) because my tax return had just come through.

Then my sponsor asked me the more important question: "Is this something that weighs on you?" I suddenly realized how heavy the weight of my actions truly was. I had been carrying around the guilt and shame of this secret for so long that it had almost become a part of me. The idea that I could actually be rid of it took my breath away. I knew what I needed to do.

The next day I asked my friend if we could meet up. We met at the bowling alley where she was hanging out with some friends. During the car ride there I kept repeating the Serenity Prayer over and over. What would she say? How was she going to react? Would she ever talk to me again? I don't think I've ever been as nervous as I was walking into that bowling alley to find my friend. As we went off to a private table, I took a deep breath, settled up and made my amends.

I don't remember my exact words that day. What I do remember was the unbelievable love and forgiveness that poured out from my friend. She smiled and told me she was just happy that I was healthy now. She accepted me as I was, faults and all, and had me come over to meet her friends. She embraced me in a big hug as I left and said we'd talk soon.

As I drove home, the tears began pouring freely down my cheeks. The ease with which my friend so easily forgave me profoundly changed me that day. Not only did she help teach me how to forgive others, but she showed me it was finally OK to forgive myself.

It has been almost three years since that experience in making amends, and our friendship has only grown stronger. She has continued to inspire me with her unconditional love and support. A while back, she asked if I could dog-sit for her while she was on vacation and I was honored that she trusted me to be alone in her home. I've gladly watched her dogs a handful of times now and each time I'm there I'm filled with gratitude for this program and for her. My relationship with her today means more to me than any dollar amount. It's priceless.

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Special Meetings and Events



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



6th Annual Spring into Action Conference. February 4, 10:00am-4:30pm. New Hope Baptist Church, 3007 Beechtree Dr, Sanford, NC 27330. For more information, visit their website: <https://raleighaa.com/event/conference-6th-annual-spring-into-action-conference/>



51st Gulf Coast Roundup. February 10-12. The Island Resort, 1500 Miracle Strip Pkwy SE, Fort Walton Beach, FL 32548. For more information, visit their website: <https://www.gulfcoastroundup.com/>



59th International Women's Conference. February 16-19. Renaissance Dallas Addison Hotel, 15201 Dallas Parkway, Addison, TX 75001. For more information and registration, visit their website: <https://internationalwomensconference.org/>



TCYPAA Nashville 2023. February 24-26. Millennium Maxwell House Hotel, 2025 Rosa L Parks Blvd, Nashville, TN 37228. For more information and registration, visit their website: <https://www.tcytaa2023.com/>



Stepping into Serenity Women's Conference. February 24-26. Doubletree by Hilton, 407 Chestnut St, Chattanooga, TN 37402. For more information, visit the website: <https://steppingintoserenity.org/>



34th Annual "Freedom From Bondage" - Area 51 AA Corrections Conference. March 10-12. Hampton Inn & Suites, 200 Columbus Dr, Aberdeen, NC 28315 (Just off US 15 501 Hwy) Pre-Registration for Conference: \$15.00 per person before February 28; \$18.00 at the door. Online Pre-Registration: <https://aanorthcarolina.org/34th-annual-freedom-from-bondage-registration/>



Hotel Registration: Hampton Inn & Suites (910) 693-4330 or online at: <https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=SNPNCHX&groupCode=CHHFFB&arrivaldate=2023-03-10&departuredate=2023-03-12&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT>

Code: CHHFFB - Rate: \$109-Standard Room, \$129-Studio Suite. Cut-off for special rate: February 10. For more information, see flyer or email: corrections@aanorthcarolina.org

17th Annual Soberstock 2023. March 17-19. Sand Hill Scout Reservation, 11210 Cortez Blvd, Brooksville, FL 34613. For more information, visit their website: <https://soberstock.com/>



4th Annual Appalachian Regional Roundup. March 17-19. The MeadowView Conference Resort & Convention Center, 1901 Meadowview Parkway, Kingsport, TN 37660. For more information, visit their website: <https://www.appalachianregionalroundup.com/>



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_Winter_2022_0.pdf



The Service Express

District 70

GSR Business Meeting – held the 2nd Sunday of the month. The next meeting will be **Sunday, February 12, 2:30pm**, 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. They are still in need of a technology person and an LCM. (**NOTE:** They are working on updating the website contact list; a few email addresses listed here are valid as far as we know.)

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 - there are meetings going to the six men's and two women's units on Mon/Wed/Fri at 7:00pm. If you'd like to volunteer, there is a 30-minute application and orientation process to become a volunteer. Contact Tammy Z. if interested (women and men).
- 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 really use another female volunteer or two. If you know any AA women looking for service in the Burnsville area, please reach out. And they always welcome additional male volunteers as well. Contact Tammy Z (women and men).
- Western Correctional Center for Women in Swannanoa - they had volunteer training on 10/24 but have not heard about approval yet. They hope to get an evening meeting going soon.
- If anyone in 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. All their meetings are now in person. The next meeting will be **Saturday, February 11, 9:30am**, at the Hendersonville Group building, 1624 Willow Rd, Hendersonville, NC 28739. All AA members are welcome! Check their website for meeting updates: <https://www.nc71.org/>



There are numerous service opportunities with Bridging the Gap and Treatment, and they need more volunteers for the jails. They also still need Chairpersons for CPC/PI, Treatment, and Bridging the Gap Committees. They will be holding elections at the February 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, April 16, 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 meeting location will change in April since they can no longer meet at Meridian Behavioral Health in Sylva, but an alternative has not yet been found. They hope to have that information soon. 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, April 13, 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

John W.	2-06-2005	18 yrs
Melissa R.	2-09-2019	4 yrs
Wil W.	2-11-1983	40 yrs
Marilynn S.	2-16-1978	45 yrs
Christy G.	2-21-2014	9 yrs

Back to Basics Group - Weaverville

Brian D.	2-01-2006	17 yrs
Mike P.	2-01-2009	14 yrs
Stacy R.	2-04-1998	25 yrs
Phil L.	2-26-2012	11 yrs
Shannen B.	2-28-2022	1 yr

Candler K.I.S.S. Group

Chip C.	2-20-1986	37 yrs
Zachary W.	2-22-2011	12 yrs

Conscious Contact

Sal L.	2-02-1994	29 yrs
Nancy K.	2-14-1992	31 yrs
Bill H.	2-15-2022	1 yr

Cumberland Group

Dan P.	2-09-1998	25 yrs
Billy L.	2-16-2015	8 yrs

Daily Decisions Group

Blue	2-08-2005	18 yrs
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Fellowship Group

Karen W.	2-05-1987	36 yrs
Jerry T.	2-05-2011	12 yrs
Kent S.	2-07-2009	14 yrs
John L.	2-07-2021	2 yrs
Marc M.	2-07-2021	2 yrs
Jason AG.	2-08-2020	3 yrs
Kaitlyn K.	2-14-2022	1 yr
Jackie D.	2-16-2014	9 yrs
Dustin H.	2-27-2021	2 yrs

Good Livers

Mark S.	2-06-2015	8 yrs
Karen D.	2-10-2009	14 yrs
Michele F.	2-18-2001	22 yrs
Mary S.	2-18-2012	11 yrs

Grace Group

Ben P.	2-02-2020	3 yrs
Joe E.	2-05-2015	8 yrs
Brackley V.	2-05-2021	2 yrs
Geoff S.	2-06-2008	15 yrs
Shaelyn T.	2-06-2020	3 yrs
Jason S.	2-07-2012	11 yrs
Mary B.	2-10-1981	42 yrs
Kelly K.	2-10-2021	2 yrs
Farrell S.	2-11-2015	8 yrs
Doug L.	2-12-2021	2 yrs
Rowan	2-14-1991	32 yrs
Ken K.	2-14-2016	7 yrs
Susan D.	2-15-1986	37 yrs
Sabra R.	2-15-2008	15 yrs
Daniel H.	2-15-2019	4 yrs
Margery K.	2-22-2004	19 yrs
Jamie D.	2-22-2021	2 yrs
Ashley G.	2-24-2010	13 yrs
Renee F.	2-24-2021	2 yrs
Ben M.	2-26-2019	4 yrs
Ashley R.	2-27-2019	4 yrs
Quinn M.	2-29-2016	7 yrs

Happy Hour Group

Ken F.	2-25-2012	11 yrs
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Hendersonville Group

Bill G.	2-12-1982	41 yrs
Kimberly M.	2-14-2020	3 yrs
Kim S.	2-22-2019	4 yrs
Kelly F.	2-22-2022	1 yr

Hendersonville Men's Group

David T.	2-04-1994	29 yrs
John A.	2-12-1991	32 yrs
Scott A.	2-14-2017	6 yrs
Ben P.	2-20-2020	3 yrs

Hey Girl, Surrender Group

Jackie L.	2-23-2015	8 yrs
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Lambda Group

Amy N.	2-12-2016	7 yrs
Russell G.	2-15-2018	5 yrs
Kyle W.	2-18-2021	2 yrs

Mars Hill Group

Brian D.	2-01-2006	17 yrs
Mike W.	2-24-2006	17 yrs
John W.	2-28-1986	37 yrs

Mission Group

Leslie H.	2-21-1997	26 yrs
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Phoenix Group

Tonya K.	2-01-2013	10 yrs
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Serenity Seekers - Marion

Gary B.	2-05-2017	6 yrs
Dean G.	2-12-2002	21 yrs
Dexter C.	2-17-2019	4 yrs

Sober Sisters of Black Mountain

Suzy L.	2-28-2009	14 yrs
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Total Surrender Group

Josh H.	2-23-1999	24 yrs
Cat F.	2-23-2012	11 yrs
Tom M.	2-25-2019	4 yrs

Traditional Group

Keenan H.	2-18-2019	4 yrs
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Waynesville Grace Group

Dory D.	2-10-2016	7 yrs
JoAnne M.	2-16-2006	17 yrs
Bill L.	2-24-1992	31 yrs

Women's Big Book Step Study Group

Ali W.	2-12-2011	12 yrs
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Women of Courage

Annie B.	2-07-1998	25 yrs
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Young People's Group

Lily T.	2-02-2020	3 yrs
Sara K.	2-15-2002	21 yrs
Lexi H.	2-27-2021	2 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 March newsletter deadline for sending in anniversaries and announcements is February 15.

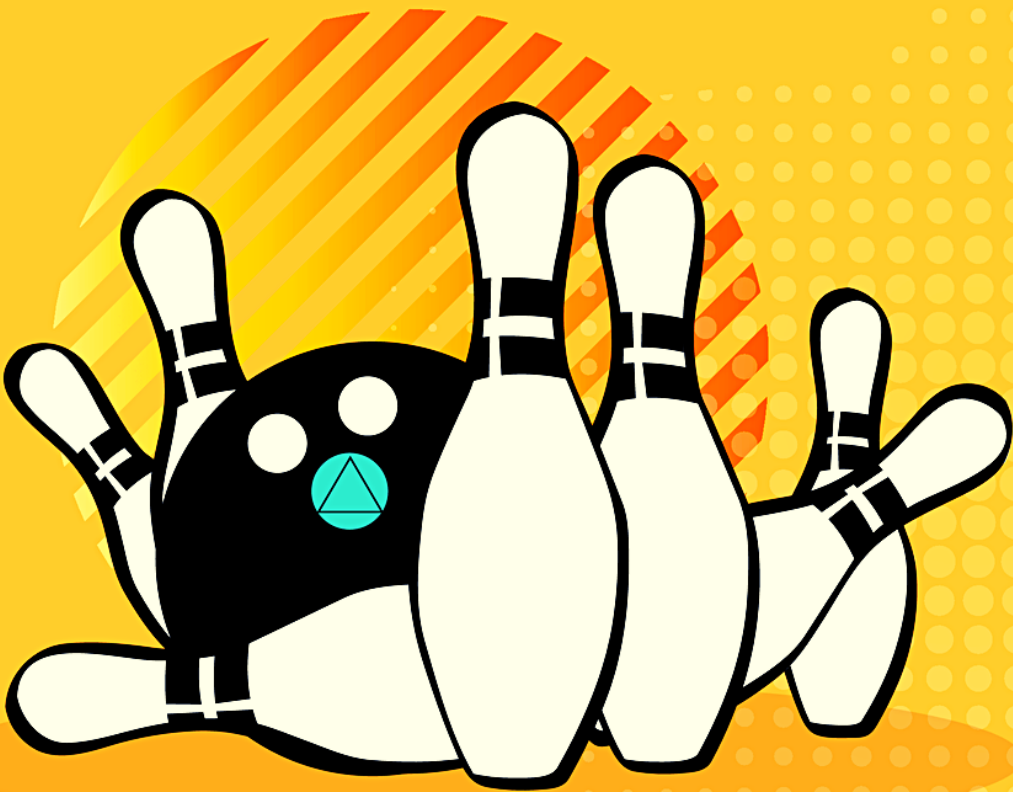
(They have great food too!)

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

• SIXTH ANNUAL •

Spring Into Action Conference

FEBRUARY 4, 2023

10:00 AM–4:30 PM

New Hope Baptist Church
3007 Beechtree Dr.
Sanford, NC 27330

Schedule

10:00-11:00	A Vision for You – Yesterday and Today	(Chad C – Lewistown PA)
11:00-11:30	Break	
11:30-12:30	Practice These Principles – Everywhere	(Sandy L – Rocky Mount NC)
12:30-2:00	Lunch - Food Trucks (accepts cash & card)	
2:00-3:00	Carry This Message - We Can Help Others	(River B – Newnan GA)
3:00-3:30	Break	
3:30-4:30	Spiritual Entity - The Home Group	(Madeline S – Raleigh NC)
5:00	Dinner and fellowship in downtown Sanford	

* Purpose of the conference is to become more effective at living and carrying the simple AA message.

* Free event! We will pass a basket to practice the 7th tradition.

* All are encouraged to bring snacks to share with the group.

<https://raleighaa.com/event/conference-6th-annual-spring-into-action-conference/>

51st GULF COAST ROUNDUP

February 10th – 12th, 2023

On the Gulf Coast of Okaloosa Island at

The Island Resort

1500 Miracle Strip Pkwy SE

Fort Walton Beach, FL 32548



Friday

4:30pm Chuck H. (AA) Destin, FL

8:00pm Palmer G. (AFG) Miami, FL

Saturday

10:00am Ella S. (AA) Reykjavik, Iceland

2:00pm Tim T. (AA) Manson, IA

8:00pm Robbie W. (AA) Wildwood, NJ

Sunday

9:30am Cynde T. (AA) Manson, IA

Room Rates – good from Feb 9 thru Feb 13

Standard (king or 2 queens) \$105 per night*

Poolside (king) \$130 per night*

Poolside (2 queens) \$135 per night*

Gulf Front (king) \$140 per night*

Gulf Front (2 queens) \$145 per night*

Suites

Gulf Front Suite (K or 2Q) \$205 per night

Email reservations@mainsailhotels.com or

Call (850) 337-9194 (ask for Vanessa or Jackie)

Reserve before January 10 to guarantee rates

*plus tax

ENTERTAINMENT PROVIDED BY COMEDIAN HYPNOTIST

TERRY STOKES, JR

SATURDAY NITE AFTER THE MEETING

YOGA on the BEACH!! Saturday & Sunday morning at 7:00am with Mollie Densley

Early bird meetings (combined discussion) Saturday & Sunday morning at 8:15am

Register (PayPal) at www.GulfCoastRoundup.com or mail a check with the form below:

Gulf Coast Roundup – February 10-12, 2023 – Registration \$25 each

Name(s) _____

Address _____

City _____ State _____ Zip _____

Name(s) on Badge(s) _____

Make checks payable to: Gulf Coast Roundup Mail to: **Angie Bowdren, 930 Gulf Shore Dr Unit 4, Destin, FL 32541**

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

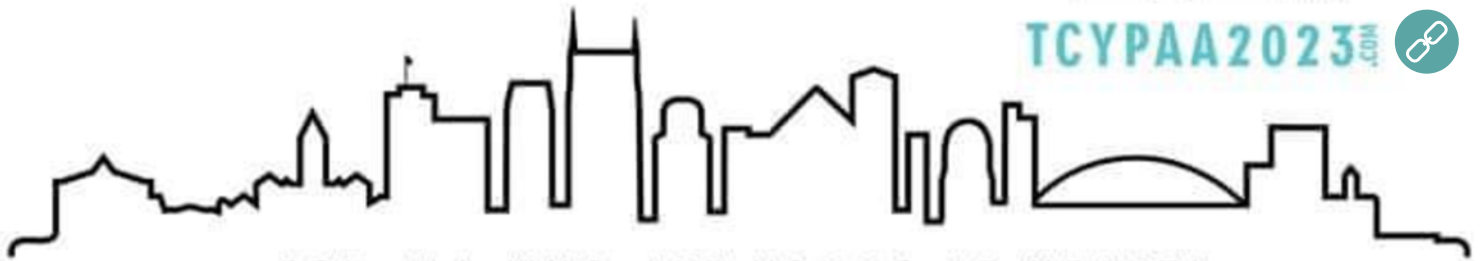
Dallas Treasurer: Rhonda M.
Treasurer59iwcDallas@gmail.com

TCYPAA NASHVILLE 2023

FEBRUARY 24-26



TCYPAA2023.COM 



FOR ALL WHO ARE YOUNG AT HEART!

THUS WE GROW

MILLENNIUM MAXWELL HOUSE HOTEL

2025 ROSA L PARKS BLVD, NASHVILLE, TN 37228

SPEAKERS • PANELS
MEETINGS • WORKSHOPS
DANCES • GAMES • YOGA • & MORE!

WHO WE ARE: TCYPAA stands for Tennessee Conference of Young People in Alcoholics Anonymous. TCYPAA is a service committee whose primary purpose is to stay sober and help other alcoholics achieve sobriety. We direct our attention toward young people both in age and sobriety time, however all AA members are encouraged to participate.



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 SIScommittee@yahoo.com or call (423) 355-2283 or (423) 242-5364.

34th Annual "FREEDOM FROM BONDAGE" Area 51 AA Corrections Conference

March 10, 11 & 12, 2023
Friday Registration begins at 5:00 pm

Hampton Inn & Suites
200 Columbus Dr.
Aberdeen, NC 28315

Pre-Registration for Conference

\$15.00 per person before February 28, 2023
\$18.00 at the door

Online Pre- Registration:



<https://aanorthcarolina.org/34th-annual-freedom-from-bondage-registration/>

Hotel Registration

Hampton Inn & Suites
200 Columbus Dr.
Aberdeen, NC 28315

Room reservations: Code: **CHHFFB**
(910) 693-4330 -or- online:



<https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=SNPNCHX&groupCode=CHHFFB&arrivaldate=2023-03-10&departuredate=2023-03-12&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT>

Rate: \$109-Standard Room, \$129-Studio Suite

****Cut-off for special room rate: February 10, 2023****

Agenda

- Speakers
- Panels
- Workshops
- Fellowship
- All the coffee you can drink!
- "Sweet Treats"

For more information

E-mail: corrections@aanorthcarolina.org
252-908-0686

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34th Annual Freedom from Bondage
Area 51 AA Corrections Conference
Pre-Registration rate before February 28, 2023 – \$15.00

Make checks payable to:
CFC and mail to
Paige W.
P.O. Box 7642
Rocky Mount, NC 27804

Name: _____ Name on Badge: _____

Address: _____ City: _____ State: _____

Zip: _____

Telephone: (____) _____ - _____ E-mail: _____

17th Annual SOBERSTOCK 2023



17TH ANNUAL Soberstock

MARCH 17-19, 2023 BROOKSVILLE, FL



Soberstock is a 3-day weekend AA/Al-Anon/Alateen event featuring speakers, meetings, bands, food & fellowship. This festival is open to all members of AA/Al-Anon and their families.

Proceeds of this function will purchase Big Books and other AA literature for District 2 Jails & Institutions. The remaining profits go to the area pie chart.

Speaker Meetings!

Campfire Meetings!

Live Bands!

Outdoor Meetings!

ALL Food & Drinks provided!

Tent Camping!

When: Friday, March 17th, 2023- Gates open at Noon on Friday! Event ends on Sunday at noon.

Where: "Sand Hill Scout Reservation" - 11210 Cortez Blvd, Brooksville, FL 34613

What to bring: Tents, blankets, coolers, chairs, lanterns, bug spray, snacks, NO PETS, NO cabins at this facility.

What we provide: Refreshments, Camp Style Meals - Fri. dinner, Sat. breakfast, lunch and dinner, & Sunday breakfast.



online orders www.soberstock.com

Be a part of with "Soberstock Memorabilia" - All SoberStock orders are on a "Will Call" basis, which means we do not mail any products or tickets. After orders are received, we simply have you on our list and you will pick up all of your items at the gate. Online orders are safe & secure and we take most major credit cards with the PayPal payment processing system. Please visit our website at www.soberstock.com for the schedule of events, credit card payment, flyers, t-shirt ordering and so much more than we can fit on this flyer!



ONLINE PRICING vs GATE PRICING:

1 DayPass - \$40.00 per person/\$50 Gate

Weekend - \$75.00 per person/\$90 Gate

Child under 12-1 DayPass - \$5.00/\$10 Gate

(CHILDREN ALLOWED ONLY IF ACCOMP. BY PARENT/GUARDIAN)

Child under 12-Weekend - \$10.00/\$15 Gate

Tent Pitching: \$15 Per tent (We don't supply tents)

T-Shirts: \$20/ea (Sizes: S, M, L, XL, 2XL)



Soberstock attendees, in light of the ongoing COVID, if you are sick, or think you are sick, please do not attend the event. Masks will be encouraged, especially in inside facilities. Should conditions around Covid change, Soberstock reserves the right to put into place additional safety measures the committee may deem necessary. We will keep you posted on our website about any changes to safety measures leading up to the event. Your love and tolerance of such is greatly appreciated.

**NOTE: WE ONLY TAKE CASH OR CHECKS AT THE GATE
NO CREDIT/DEBIT CARDS AT THE GATE!**

REDUCED PRICING &
1 FREE T-SHIRT PER
WEEKEND DAY PASS ORDER
until January, 1st, 2023!

All sales are final, and non-refundable. This is a Rain Or Shine Event. When ordering online, we will not ship any items to you. We will have all items for you (INCLUDING TICKETS!) at the front gate day of the event on a Will Call basis. Please remember, pets are NOT allowed (Service pets with paperwork only).

Thank you so much for your cooperation!



APPALACHIAN REGIONAL ROUNDUP

to face the hideous four horsemen
march 17-19 2023 kingsport, tn

SPEAKERS

Astrid H: Sherman Oaks, CA

Amy D: Louisville, KY

Charlie P: Austin, TX

Paul McQ: Rockaway, NY

Bob D: Las Vegas, NV

Ralph W: Las Angeles, CA

Kent C: Sandusky, OH

Mari G: Toronto, Canada

Larry T: Bellflower, CA

Katie P: Austin, TX

Rick J: Toronto, Canada (ALAnon)

Meadowview Conference Resort
& Convention Center
1901 Meadowview Parkway
Kingsport, TN 37660

Room Rate \$124.00
Call Or Visit Our Website To Book
423-578-6600

Make check or money order
payable to Appalachian Regional
Roundup & mail to:
PO Box 7494
1001 N. Eastman Rd
Kingsport, TN 37664

For more information:
Call Tabitha E 423-491-2420

or visit our website at
www.appalachianregionalroundup.com

Registration is \$30 & \$35 at the
door. Online registration is
available at
www.appalachianregionalroundup.com

fourth annual appalachian regional roundup

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Scholarship Contribution: \$ _____
(Lend A Hand To Those Unable To
Pay The Registration Fee)

Number Of Registrations: _____ Total: \$ _____

The First Blue Ridge Roundup

April 21, 22, 23, 2023

YMCA Blue Ridge Assembly • Black Mountain, North Carolina

The Blue Ridge Roundup Committee invites you to attend a weekend of AA fellowship and programs in the beautiful mountains of Western North Carolina. The facilities of the Blue Ridge Assembly are relaxing, the food is excellent and the atmosphere is warm in the traditional AA way.

Details and Important Information

ACCOMMODATIONS: There will be two buildings for room accommodations: the **Blue Ridge Center** and **Weatherford Hall** (see costs below). All rooms have 2 beds and will accommodate 2 people per room. Rooms are on a first come first served basis. Singles who have a roommate preference please write on the back of your reservation card.

RESERVATIONS: The roundup will begin this year on Friday. Registration opens at 3:00 pm.

COST: Blue Ridge Center

Arrive Thursday... This option is not available for 2023

Arrive Friday... \$215.00 per person (includes registration, room, four meals, and brunch on Sunday a.m.) payable with your registration, minimum deposit of \$100.00 per person; balance on arrival

Private Rooms... \$325.00 based on availability

Weatherford Hall

Arrive Thursday... This option is not available for 2023

Arrive Friday... \$185.00 per person (includes registration, room, four meals, and brunch on Sunday a.m.) payable with your registration, minimum deposit of \$100.00 per person; balance on arrival

Private Rooms... \$280.00 based on availability

COMMUTER REGISTRATION: \$50.00 per person - includes 2 meals: Friday night & Saturday night dinners

REGISTER NOW to be assured of acceptance. Due to the limited number of registrations first in, first accepted. Reservations must be made prior to April 8th.

REFUNDS: All cancellations prior to April 8, 2023 are subject to a \$10.00 per person cancellation fee. No refunds will be made after April 8, 2023.

MORE INFORMATION OR QUESTIONS: Elizabeth P. - 919-880-4026 or Victor K. - 443-745-3587 or visit our website at www.blueridgeroundup.org



PLEASE NOTE: No children or pets allowed please. The Blue Ridge Assembly is a smoke free facility.

SPEAKERS

Two Surprise Speakers..... from the audience
Lauren C..... Richmond, VA
Kay C..... Greensboro, NC
Bill C..... Greensboro, NC
Bill S..... Gloucester, NC

REQUEST FOR RESERVATION

April 21, 22, 23, 2023

Please check one:

Blue Ridge Center:

Arrive Friday: \$215 per person Private: \$325

Weatherford Hall:

Arrive Friday: \$185 per person Private: \$280

Commuter Registration: \$50 per person

Please indicate a 2nd choice due to availability.

Mail to: Blue Ridge Roundup

PO Box 18412 * Raleigh, NC 27619

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone No.: (____) _____

Email: _____

Name on Badge (s): _____



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

Tell us what you think...

















Grapevine is developing a smartphone app for both Grapevine and La Viña magazines.

The app will be a hand-held control center for all things Grapevine and La Viña. Take a look at our list of features and ideas on the right –we want your input and ideas too. Let us know your thoughts.

Email us at social@aagrapevine.org
Put **"App Ideas"** in the subject line.

Grapevine and La Viña Apps

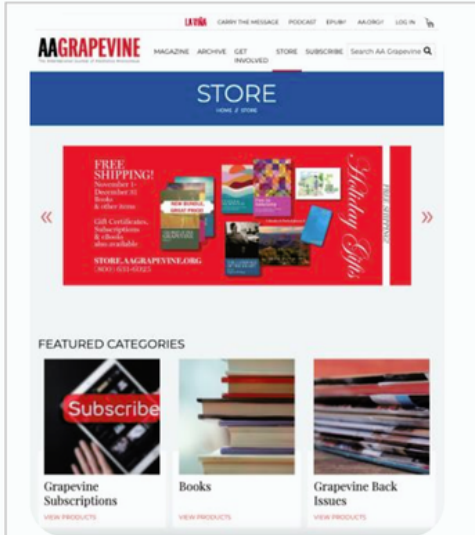
Imagine having all of this at your fingertips:

-  Scroll through monthly magazine
-  Archives of every magazine since 1944
-  Search tool
-  Audio playlist of every current article
-  Popup day count
-  Input your meeting schedule
-  Create a Daily Spiritual Maintenance Checklist
-  Podcast link
-  Daily Quote
-  Meeting Guide
-  Sobriety Calculator
-  Build a library of favorite articles
-  Grapevine Store
-  Link to YouTube channel

GRAPEVINE News



What's New For 2023

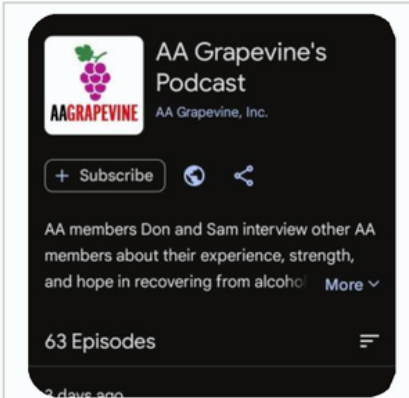


The Online Stores of Grapevine and La Viña

Our online stores are integrated into our main websites for easier access and improved functionality.

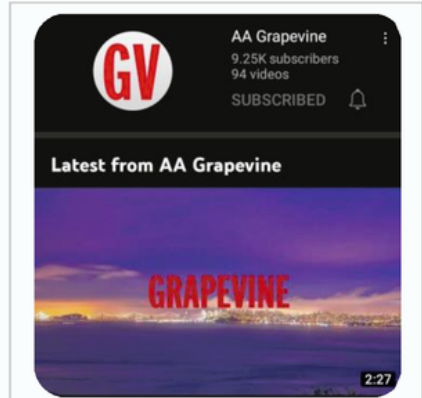
To learn more, visit:

www.aagrapevine.org/store
www.aalavina.org/tienda



The AA Grapevine Half-Hour Variety Hour!

To listen, go to www.aagrapevine.org/podcast or wherever you get your podcast



New Playlist "Coming in" Now Available!

To listen, go to www.youtube.com/aagrapevine

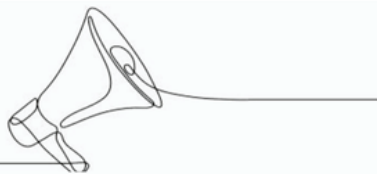
Grapevine Representatives (GVR) Rotation



Thank you for your service.

Sign up if you are new to service by visiting the Grapevine "Get Involved" page or clicking the link below.

www.aagrapevine.org/get-involved



Be a part of The Grapevine's Audio Project. [Click here.](#)

Grapevine is developing a Smartphone App. [Click here.](#)

Follow Grapevine and La Viña on Instagram. [Click here.](#)

2023 Carry The Message Project

Want To Help Another Alcoholic?

Grapevine and La Viña are Great Twelfth Step Tools!

[Learn more here!](#)

