

Mountain AUGUST 2023 Doin's

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

(828) 254-8539
24/7

info@ncmco.net
aancmco.org



Shaping Up

by Catherine S. - Portland, OR

I retired from the Navy six years ago after 22 years of active service. I used to embrace the saying "Drink and cuss like a sailor" with reckless abandon. The bulk of my drinking happened while I was on active duty. I always assumed my alcoholism was my personal problem and that it didn't affect my ability to lead, mentor and train sailors. I assumed that if drinking were affecting my work someone would tell me, right? I mean, come on, they called us "drunken sailor" for a reason—and I was good at it.

But now, several years into sobriety, I'm working in human resources in the civilian world. I've realized that my behavior in the Navy was less than stellar. It was certainly not what I would now consider appropriate for a "leader."

Today I'm a little over seven years sober and four years into my second career. At work in the HR department, I field hundreds of (sometimes less-than-brilliant) questions. Back in my drinking days, these kinds of questions would cause my drinking self to get bent out of shape, gossip about that person to anyone who'd listen and stew on how much of my time they wasted. What I've learned through the principles of AA is that I have no control over others. I can only control my reaction. I've also learned that I can, if necessary, politely walk away and gather my thoughts instead of flying off the handle and saying something I'll regret. And on that dreaded occasion when I do stumble, I've learned to look at my part and "sometimes quickly, sometimes slowly" apologize for being snarky or rude or angry and let the person know I was wrong and that I'm sorry. The remarkable thing is that most of the time that



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person is pleasantly surprised by me taking the time to make things right.

If you're a newcomer, this might all sound like unicorns and rainbows. I get it. That used to be my reaction to comments like these. The drinking me used to be angry all the time. I believed my subordinates loved me, but in hindsight I think they feared me, and fear does not equal respect. I was proud of my reputation as the "bulldog," which was a nice way of saying I was a different B word.

Looking back, I now know I was just so very unhappy and had no desire to be effective at anything except drinking. I created a swirl of wreckage, and over time I've made amends to many of the people I worked with during my Navy career. But there are so many more who I was a poor example to, and it's hard to find them all. So now I go about my day with a smile and a helpful, "Hello, what can I help you with?" I do this in hopes that by living each day sober and being kind, I will never cause wreckage in the workplace again.

The greatest part of being kind and helpful when I interact with coworkers is that I get to bring a smile to their faces when I can tell they're stressed and upset. And here's the crazy part: I feel great all day long when I do that.

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August Grapevine now available!



AA in the Military

This month's feature section is "AA in the Military." What's it like to get and stay sober while serving your country far from home? Stories of experience, strength and hope from our brave AA members in uniform.

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



Visit Grapevine's New YouTube Channel!

Watch our new 5-minute history of AA Grapevine, Inc. film, created for the 2020 International Convention, "AA's Twelve Step Tools: Grapevine & La Vina"! Use it at your events.

- Listen to members share original stories about relapsing, spirituality and more!
- Learn about exciting new Grapevine projects through animated explainer videos
- Listen to original stories by Spanish-speaking AA members
- Learn about setting up virtual meetings and more!

www.youtube.com/aagrapevine

Go to:

www.youtube.com/aagrapevine

After-hours Phone Volunteers Needed

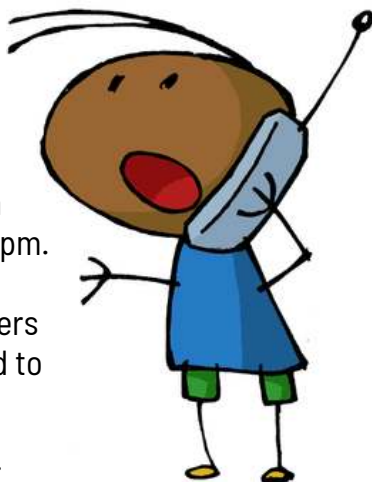
Central Office is looking for volunteers to answer the phone from 1:30pm in the afternoon until 9:30am the next morning. Most nights don't see more than a call or two, rarely after 10 or 11pm. Most callers are interested in meeting information so volunteers should have the internet at hand to access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



Call & Visitor Log June 2023

12 Step Calls – 17
General Info – 7
Family Help – 1
Meeting Info – 39
Central Office Business – 63
Medical/Detox – 0
Visitors – 45
After-hours Volunteers – 39 calls



Visits to aancmco.org/ website:
Unique Visitors – 2,280
Total Visits – 5,839; Visits/Visitor – 2.56
Total Pages – 60,394; Pages/Visit – 10.34



What We Do at North Carolina Mountain Central Office

What is a Central or Intergroup Office?

"A central or intergroup office is an A.A. service office that involves partnership among groups in a community – just as A.A. groups themselves are partnerships of individuals. A central/intergroup office is established to carry out certain functions common to all the groups – functions which are best handled by a centralized office – and it is usually maintained, supervised, and supported by these groups in their general interest. It exists to aid the groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers." – From A.A. Guidelines:

http://www.aa.org/assets/en_US/mg-02_centralorinter.pdf

North Carolina Mountain Central Office just turned 50, having started as Western North Carolina Intergroup in June 1973! See the article in the Asheville Citizen-Times from October 1974, found in District 70 Archives and posted on our website:

<https://aancmco.org/index.php/ncmco-is-50>

The following is a list of what we – the staff, volunteers, and Board members – do here at North Carolina Mountain Central Office (NCMCO):

Answer phone and in-person inquiries about Alcoholics Anonymous and meetings in WNC. When we receive a call from an individual asking for help, staff and After-Hours Phone Volunteers contact an appropriate, available AA member from the 12-step Volunteer List maintained by the 12-Step Call Volunteer Coordinator and pass that caller's number to the volunteer (names and numbers of AA members/volunteers are never given out). Individuals seeking help for problems other than alcohol are referred to the appropriate programs or agencies.

Coordinate with the After-Hours Phone Volunteers to handle phone calls 24/7; provide the After-Hours Phone Volunteers with current meeting information and 12-Step Call Volunteer List.

Maintain an inventory of literature, meeting supplies, and other recovery merchandise for sale to groups and individuals. We ship (at cost of postage) orders or leave them on

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Profit & Loss YTD

	Jun 2023	Jan - Jun, 2023 (YTD)
Income		
Contributions		
Birthday Contributions		\$39.28
Group Contributions	\$2,826.49	\$15,676.03
Individual Contributions	\$49.31	\$596.35
Total Contributions	\$2,875.80	\$16,311.66
Interest on Money Market	\$1.33	\$8.01
Sales Income		
Literature & merchandise	\$3,204.32	\$16,097.08
Shipping charged to groups	\$65.55	\$401.04
Total Sales Income	\$3,269.87	\$16,498.12
Total Income	\$6,147.00	\$32,817.79
Cost of Goods Sold		
Cost of Goods Sold		-\$108.17
Credit Card Processing		
PayPal Fee	\$10.97	\$107.40
Total Credit Card Processing	\$10.97	\$107.40
Freight - vendor shipping	\$49.46	\$298.70
Literature & merchandise	\$2,699.68	\$13,366.52
Shipping to groups	\$65.55	\$418.94
Total Cost of Goods Sold	\$2,825.66	\$14,083.39
Inventory Shrinkage	-\$41.92	\$200.49
Total Cost of Goods Sold	\$2,783.74	\$14,283.88
Gross Profit	\$3,363.26	\$18,533.91
Expenses		
Office Expenses	\$15.99	\$127.82
Office Supplies	\$108.50	\$519.28
Payroll Expenses		
Gross Salary	\$1,420.00	\$9,190.00
Payroll Taxes (Company)	\$108.64	\$703.10
Total Payroll Expenses	\$1,528.64	\$9,893.10
Rent	\$604.00	\$3,624.00
Telephone & Internet		
Office Telephone/Internet	\$136.58	\$737.60
Web Expenses		-\$94.23
Total Telephone & Internet	\$136.58	\$643.37
Total Expenses	\$2,393.71	\$14,807.57
Net Operating Income	\$969.55	\$3,726.34
Net Income	\$969.55	\$3,726.34

Cash on Hand as of 6/30/2023

Prudent Reserve - \$16,127.67; Operating Account - \$11,587.37
Rent Deposit - \$400.00; Petty Cash - \$50.00



Contributions

Group Contributions:	Jun 2023	YTD
12 & 12 Study Group 717-595		\$65.00
Acceptance Group 122-477		\$936.00
Agnostics, Atheists & Freethinkers AA Group		\$265.00
As Bill Sees It Group 169-463	\$25.00	\$45.00
Back to Basics Grp (Weaverville) 147-139		\$150.00
Big Town Group 671-200		\$309.30
Brevard Men's Group	\$250.00	\$250.00
Bryson City Group 110-467		\$100.00
BYOC - Bring Your Own Coffee		\$150.00
Candler KISS Group 163-148		\$238.00
Cashiers Valley Grp 122-589		\$372.59
Cedar Mountain Group 161-082		\$121.00
Common Sense Group 179-909		\$300.00
Conscious Contact Group - Asheville	\$406.00	\$581.00
Cullowhee Valley Group 118-129	\$110.00	\$210.00
Cumberland Group 122-472		\$130.00
Daily Decisions 643-869	\$445.68	\$2,009.08
Day by Day Group 159-058		\$252.43
Early Bird Group 612-780		\$158.00
Fellowship Group, Fletcher 655-542		\$720.00
Fireside Group 655-046		\$171.73
Good Livers 666-360		\$400.00
Grace Group of Asheville 161-970	\$598.33	\$812.10
Hendersonville Group 110-594		\$399.00
Hendersonville Men's Group		\$150.00
Hendersonville Women's BBSS 723-106		\$175.00
It's In the Book Group 000260106	\$100.00	\$100.00
Joy of Living - Brevard 669-820		\$205.50
Liars Club	\$108.00	\$281.00
Lost and Found Group 000427291		\$100.00
Maggie Valley Group 158-950		\$550.00
Mars Hill Group 130-895		\$75.00
Marshall Group 100-489		\$100.00
Micaville 12 & 12		\$100.00
Midday Group (Hendersonville) 143-420	\$60.00	\$60.00
Monday 6:00 Open Meeting		\$80.00
Mountain View Group (Highlands) 110-598	\$67.60	\$124.40
New Freedom Group 700-124		\$150.00
Noontime Big Book Study		\$37.40
Phoenix Group 697-148		\$84.00
Practicing Principles 667-311		\$31.27
Recovery by the River 674-892		\$90.32
Roundtable Group 135-605		\$70.00
Safe & Sound Group 645-654	\$55.55	\$418.97
Saturday Morning Men's Meeting		\$375.00
Serenity Service Group 110-498	\$154.33	\$424.33
Sober Sisters - Black Mtn	\$200.00	\$438.50
Sober Sisters - Burnsville 000460489	\$100.00	\$100.00
South Asheville Literature		\$75.00
Spruce Pine Group 110-679		\$225.00
Spruce Pine Saturday Morning Group 110-679	\$116.00	\$116.00
Total Surrender Group		\$99.00
Traditional Group 110-499		\$500.00
Tuesday Night Men's Group 179-001		\$93.00
Waynesville Grace Group 110-692		\$575.11
We Think Not Group 700-411	\$30.00	\$30.00
Women of Courage Group 688-025		\$312.00
Young People's Group 645-646		\$185.00
Total Group Contributions:	\$2,826.49	\$15,676.03

Individual Contributions:	Jun 2023	YTD
Anonymous	\$14.31	\$98.31
Beverly B.		\$130.00
Judy M.		\$38.00
Kay G.		\$30.00
Nancy B.		\$10.04
Shannon K.	\$25.00	\$150.00
Sheila D.		\$80.00
In Memory of B.G.	\$10.00	\$60.00
Total Individual Contributions:	\$49.31	\$596.35

Birthday Contributions:	Jun 2023	YTD
Anonymous		\$34.28
Keith F.S.		\$5.00
Total Birthday Contributions:	\$0.00	\$39.28

Total Contributions: **\$2,875.80** **\$16,311.66**

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

* From the pamphlet "Self-Support: Where Money & Spirituality Mix." Recommendations for other percentages are also in the pamphlet.

NOTE: New address as of June 2023 for sending contributions to District 80

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

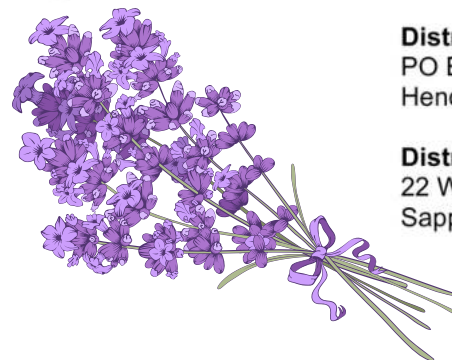


NCGSC - Area 51 Treasurer
PO Box 17271
Raleigh, NC 27619

District 70 Treasurer
PO Box 8574
Asheville, NC 28814-8574

District 71 Treasurer
PO Box 202
Hendersonville, NC, 28793

District 80 Treasurer
22 Whisper River Ct.
Sapphire, NC 28774



What We Do at NCMCO

(continued from page 3)

the shelf outside the office door for those who can't get in during regular business hours.

Publish *Where & When*, a printed/printable (available online) guide to all face-to-face meetings in Western North Carolina's Districts 70, 71, and 80.

Publish a monthly newsletter, *Mountain Doin's*, to keep the AA community apprised of events and special articles of interest. The newsletter is posted on our website and we email a link to over 700 addresses.

Maintain a website - <https://aancmco.org> - with up-to-date information on District 70, 71, and 80 meetings and events; service and contact information for NCMCO; links to online information, service, and literature resources; and a growing archive of the NCMCO newsletter, *Mountain Doin's*.

Coordinate collection and publication and distribution of meeting information with the web admins for NCMCO and Districts 70, 71, and 80 to keep information on all sites (and in the smartphone app) current and correct.

Assist various District Committees (Treatment, Corrections, CPC/PI, Archives, etc.) and those in the community seeking information about AA. Spread the word about local and national AA events, conventions and workshops and act as a clearinghouse for information and logistical support between individual AA members, groups, local and state committees, General Service Office in New York, and the community at large.

Hold bimonthly meetings (on the odd-numbered months) of the NCMCO Board and CORs (Central Office Representatives) to discuss Central Office business and provide a forum for suggestions and concerns. The meetings are open to all and we welcome new ideas and input.

GSO/AAWS/Grapevine literature is sold at our cost (usually a little less than what an individual pays direct). Contributions and the small profit on the sale of other books and merchandise help pay for the following: Office expenses & supplies; Payroll for Office Manager; Phone & Internet; Rent; Credit card processing for sale of literature and other merchandise.

If you have any questions, give us a call: 828-254-8539 or write to us: info@ncmco.net. Office hours at 70 Woodfin Place, Suite 206, Asheville 28801, are from 10 AM to 1 PM weekdays. Drop by and say hello!

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



Special Meetings and Events



NOTE: For updates, please check the specific event websites, or <https://aancmco.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.

27th Annual Southeast Woman to Woman Conference. August 18-20.

Low Country Conference Center, 405 Sigma Dr, Summerville, SC. See flyer for more information. For online registration, visit their website: <https://www.sewomantowoman.org/>
If you have questions, email: info@sewomantowoman.org



Southern Motorcyclists in Alcoholics Anonymous Camping Convention, IX (SMAACC) August 24-27. Fall Creek Falls TN State Park, Newton Ford Bunk House. See flyer or visit website for more information and registration: <http://www.smaacc.org/>



Serenity in the Scenic City. August 25-27. DoubleTree by Hilton, 407 Chestnut St, Chattanooga, TN 37402.
For more information see flyer. For online registration, visit their website: <https://www.serenityinthesceniccity.org/>



Grupo Gratiud Octavo Aniversario (8th Anniversary). **Domingo 03 Septiembre**, (Sunday, September 3) **10:00am a 12:00pm.** 15 Ida Rogers Dr, Hendersonville, 28792.

Bridging the Gap Workshop Weekend. September 8-10. Hosted by Area 67 Southeast Texas. Sheraton North Houston, 15700 John F Kennedy Blvd, Houston, TX 77032. Go to <http://btgww.org/> for online registration. Any questions, contact Laura S: coordinator@btgww.org



TN AA Convention. September 29-October 1. Manchester Coffee County Conference Center, 147 Hospitality Blvd, Manchester, TN 37355.
For more information see flyer. For online registration, go to their website: <https://tnaaconvention2023.com/>



Corrections Workshop. Hosted by Districts 70, 71 and 80. Saturday **October 7, 9:00am-3:00pm.** Corrections Panels and Guest Speaker; Coffee/Donuts and Lunch will be served. Maggie Valley United Methodist Church, 4192 Soco Rd, Maggie Valley, NC 28751

Big Book Workshop. Hosted by the Charlotte Conference Committee. **October 13-14.** Albemarle Road Presbyterian Church, 6740 Albemarle Rd, Charlotte, NC 28212. For more information, see flyer or visit their website: <https://tinyurl.com/fallthroughthesteps>



Area 51 Fall Committee & Assembly Meeting. October 20-22. The Hilton Raleigh North Hills, 3415 Wake Forest Road, Raleigh, NC 27609. Deadline for reservations: Wednesday, September 13. See flyer for registration information. Questions? Contact Area Chairperson: chair@aanorthcarolina.org

SSAASA7. (Southern States A.A. Service Assembly) November 17-19. Sheraton Orlando North, Orlando, FL. Hosted by Area 14 - North Florida. Service Workshops, panel discussions, service experience. For more information see flyer. For online registration, go to their website: <https://www.ssaasa7.org/> Questions? Email chair.ssaasa7@gmail.com



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



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_spring2023_1.pdf



The Service Express

District 70

GSR Business Meeting – held the 2nd Sunday of the month. The next meeting will be **Sunday, August 13, 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. There are still a few open positions that need to be filled.

Accessibilities Committee – Chairperson is Scott S. Want to make sure your A.A. group is accessible to all who want to attend? Contact Scott at access@ashevilleaa.org for an Accessibilities Checklist.

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! For more information, contact Dennis at archives@ashevilleaa.org

CPC/PI Committee – Chairperson is George M; Tom W is Co-chair. These are two separate service committees – “Cooperation with the Professional Community” and “Public Information”. The CPC Committee visits schools, businesses, and community meetings to speak about A.A. Volunteers for area events are needed for health clinics and DUI classes to name a few. The PI Committee provides accurate A.A. information to the public and media when requested. For more information, contact George or Tom at cpc-pi@ashevilleaa.org.

Corrections Committee – To learn about corrections service, come to the Corrections Workshop on **Saturday, October 7, 9:00am-3:00pm** at the Maggie Valley United Methodist Church, 4192 Soco Rd, Maggie Valley, NC 28751. There will be workshops, speakers, and lunch. See flyer for more information. Hope to see you there!

In District 70, A.A. meetings are being taken into Buncombe County (Asheville) and Yancey County (Burnsville), Western Correctional Center for Women (Black Mountain), Craggy (Asheville), Avery-Mitchell (Spruce Pine), Mountain View (Spruce Pine) and Marion (Marion). There is always a need for more volunteers to take meetings into the facilities. If you'd like to volunteer or be of service in corrections, contact Tammy Z, the Women's Corrections Chair at corrections_women@ashevilleaa.org. To contact Andrew H, the Men's Corrections Chair, email corrections_men@ashevilleaa.org

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 or email Maria at literature@ashevilleaa.org

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”. To connect with Avery L, the Bridging the Gap Chair, email him at bridgingthegap@ashevilleaa.org. (They are still in need of a Co-Chair.) If you are interested in volunteering, please attend the next GSR meeting. For more information on Bridging the Gap, visit the website: www.btqww.org



District 71

GSR Business Meeting – held on the 2nd Saturday of the month. All their meetings are now in person. The next meeting will be **Saturday, August 12, at 8:30am**, at the Hendersonville Group building, 1624 Willow Rd, Hendersonville, NC 28739. All A.A. members are welcome! Check their website for meeting updates and links: <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 next GSR meeting. See website for information on these positions. They will also be voting on district backing of a proposal one of their district members has been working on to present to the 74th conference regarding considerations to preserve core AA literature. If you have any questions, contact Liz G, DCM, or Annette K, Alt. DCM, through the website: <https://www.nc71.org/contact>



District 80

GSR Business Meeting – held quarterly. The next meeting will be on **Sunday, October 15th, 1:00-3:00 pm**. This will be a hybrid meeting with Zoom capability as well as an in-person meeting. Location and Zoom info to be announced at a later date. A detailed discussion and vote on adopting a District 80 sub-division and appointment of Local Committee Members will be on the agenda. All GSRs are urged to attend! For more information go to the District 80 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, October 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!

COR/NCMCO Board Meeting

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 COR/Board meeting will be **Thursday, September 14, 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/>





Happy Anniversary!



Acceptance Group

Mike D.	8-13-2018	5 yrs
Mary M.	8-17-2022	1 yr
Willetta T.	8-15-1998	25 yrs
Linda M.	8-25-2000	23 yrs
Jacquelyn R.	8-28-1998	25 yrs

Back to Basics Group - Weaverville

Matthew S.	8-08-2018	5 yrs
Denis O.	8-09-1985	38 yrs

Black Mountain Group

Jacqueline	8-28-1998	25 yrs
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Burnsville Group

Jim I.	8-10-1996	27 yrs
Blake S.	8-26-2022	1 yr

Candler K.I.S.S. Group

Doug W.	8-17-2010	13 yrs
Byron S.	8-22-2017	6 yrs

Conscious Contact Group

Denise D.	8-13	
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Cumberland Group

Lynda M.	8-06-1985	38 yrs
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Daily Decisions Group

Trink F.	8-16-2006	17 yrs
John D.	8-22-2002	21 yrs
Myles R.	8-24-1986	37 yrs
Frank H.	8-28-1989	34 yrs

Fellowship Group

Caroline W.	8-09-2016	7 yrs
David P.	8-14-2022	1 yr
Jason B.	8-14-2022	1 yr
Annie B.	8-19-2012	11 yrs
Charlene O.	8-20-2002	21 yrs
Marsha K.	8-20-2022	1 yr
Casey M.	8-22-2022	1 yr
Sheila W.	8-30-2022	1 yr

Good Livers Group

Betsy B.	8-03-2021	2 yrs
Lynda Mc.	8-06-1985	38 yrs
Mary E.	8-06-2022	1 yr
Deidre S.	8-09-2022	1 yr
Ana A.	8-16-2022	1 yr
Celia S.	8-18-2003	20 yrs
Sheldon W.	8-23-1979	44 yrs
Jeannie M.	8-28-1985	38 yrs

Grace Group

Chris H.	8-03-2020	3 yrs
Maya C.	8-04-2020	3 yrs
Russell C.	8-05-2011	12 yrs
David W.	8-12-2007	16 yrs
Denise L-D.	8-13-1999	24 yrs
Seleste P.	8-17-2020	3 yrs
Sarah H.	8-20-2016	7 yrs
Emily S-C.	8-22-2019	4 yrs
Rory M.	8-28-2012	11 yrs
Anne Marie B.	8-31-2013	10 yrs

Happy Hour Group

Don F.	8-18-1970	53 yrs
Eileen B.	8-23-2018	5 yrs

Hendersonville Group

Peter M.	8-08-1983	40 yrs
Tom P.	8-15-1995	28 yrs
Susan W.	8-24-2000	23 yrs
Anthony R.	8-28-2022	1 yr
Becki E.	8-29-2010	13 yrs

Hendersonville Men's Group

Michael J.	8-12-2016	7 yrs
Ken B.	8-13-1984	39 yrs
Brian G.	8-28-1990	33 yrs
Michael L.	8-31-1989	34 yrs

Hey Girl, Surrender Group

Kari K.	8-20-1987	36 yrs
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Lambda Group

Allison G.	8-12-2018	5 yrs
Chris S.	8-13-2015	8 yrs
James S.	8-25-2013	10 yrs

Mission Group

Kay G.	8-14-1982	41 yrs
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Motley Crew - Columbus

Barbara B.	8-07-1990	33 yrs
Hank	8-15-1973	50 yrs
Trish	8-17-2006	17 yrs
Melinda C.	8-26-1984	39 yrs

Out to Lunch Bunch

Bill S.	8-11-1975	48 yrs
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Phoenix Group

Karin S.	8-28-1982	41 yrs
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Serenity Now Group

Dean W.	8-09-1991	32 yrs
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Serenity Seekers - Marion

Mark L.	8-06-1984	39 yrs
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Sober Sisters Group of Burnsville

Susan M.	8-03-2021	2 yrs
Lori Von K.	8-22-2015	8 yrs

Total Surrender Group

Martha R.	8-22-2000	23 yrs
Dan A.	8-31-2021	2 yrs

Traditional Group

James F.	8-01-2021	2 yrs
Charles W.	8-01-2022	1 yr
Patrick H.	8-05-2021	2 yrs
Jamie W.	8-06-2016	7 yrs
Richard T.	8-07-1984	39 yrs
Matthew B.	8-09-2022	1 yr
Saul R.	8-12-2021	2 yrs
Neill T.	8-30-2011	12 yrs
Ryan N.	8-31-2021	2 yrs

Waynesville Grace Group

Bob M.	8-14-2018	5 yrs
Elise C.	8-17-2002	21 yrs
Vicki P.	8-23-2016	7 yrs

Women of Courage

Bobbie K.	8-06-2004	19 yrs
Sara D.	8-08-2006	17 yrs
Ana A.	8-16-2022	1 yr
Suzanne I.	8-20-2016	7 yrs
Dana S.	8-23-2022	1 yr
Liz M.	8-24-2000	23 yrs
Michelle D.	8-24-2022	1 yr

Young People's Group

Kiera C.	8-08-2021	2 yrs
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In Memoriam

"There is a new star in the heavens watching over us. It is the beautiful spirit of Sherry W, 9-28-1990. She always came into a room smiling. She walked the walk and talked the talk. May we follow her spirit."

(from the members of the Mission Group)

Need to update your Group's anniversary list?
Call Central Office - 828-254-8539 - or send a new list to:
info@ncmco.net. The September newsletter deadline for
sending in anniversaries and announcements is August 15.



Does your group have a

COR?

(Central Office Representative)

What are Central Office Representatives?

What are their duties?

Central Office Reps (CORs) and their relationship with Central Office are similar to General Service Reps (GSRs) and their relationship to A.A. General Service Districts. CORs are responsible for voting their group's conscience at COR/Board meetings and for bringing to the NCMCO Board any concerns of their home group.

In addition to this, CORs keep their groups informed about what Central Office is doing. They participate in the bimonthly COR/Board meetings on the 2nd Thursday of odd-numbered months (January, March, May, July, September, December) where they share their home group's experiences in carrying the A.A. message and express how they feel NCMCO might better serve the A.A. community in Western North Carolina.

The NCMCO Board is interested in your feedback. Take our inventory!
What are we doing well? What can we improve upon?
How can we serve Districts 70, 71 and 80 more effectively?
What might we do to draw more participation from groups?

Please send your feedback to: info@ncmco.net

Better yet, attend the next bimonthly COR/Board meeting on Zoom.

See the Central Office website for details:

<https://aancmco.org/index.php/events/>

(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

27TH ANNUAL SOUTHEAST WOMAN TO WOMAN CONFERENCE



"SECRETS WOMEN DON'T SHARE"

A Conference for Sober Alcoholic Women with Al-Anon Participation.
No Children Allowed at Conference Events!



BECOMING A BETTER YOU

LOW COUNTRY CONFERENCE CENTER

405 SIGMA DRIVE

SUMMERVILLE, SC

AUGUST 18-20, 2023

Hotel Reservations: Hilton Garden Inn - 406 Sigma Drive Summerville, SC 29483
843-832-1304 Code: SEW King \$159 2 Queens \$169 + tax per night (Cut off rate 7/19/2023)

For more information and online registration, visit website: <https://www.sewomantowoman.org/>
General questions? Contact Chair: info@sewomantowoman.org



Conference Registration: Early Bird \$55.00 (Until Feb 28, 2023) \$60.00 (Mar 1 - Aug 17) \$65.00 (At the door)

Banquet: "Ladies in Red" \$65.00 Southern Buffet

Clip and Mail Registration: SEWTW 2023 P.O. Box 61 Ladson, SC 29456

Please make Checks/M.O. payable to SEWTW

Registration Form (Please print clearly)

.....

Name: _____

Name on Badge: _____ Are you willing to Volunteer? _____ Special Needs: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Cell: _____ Email: _____ Sobriety Date: _____

Registration Fee: \$ _____ Scholarship: \$ _____ Banquet: \$65.00 _____ AA _____ Al-Anon _____

Souvenirs: Mugs \$18.00 _____ T-Shirt: \$20.00/Hoodie: \$27.00 S _____ M _____ L _____ XL _____ 2XL _____ 3XL _____ Other _____

Total Enclosed: \$ _____

NO REFUNDS

SPRING FLING CONVENTION



PRESENTS



Trivia? NIGHT?

An AA Event with Al-Anon participation



SATURDAY, AUGUST 19, 2023

Crestwood Community Center

9245 Whitecliff Ln. 63126



6:00 p.m. - Fellowship

6:30 p.m. – AA & Al-Anon Speakers

7:15 p.m. - Trivia

Tickets - \$25.00

Tables of 8 - \$180.00

**PRIZES AWARDED
FOR BEST STAR WARS
COSTUME & TABLE**

PURCHASE TICKETS AT [SPRINGFLINGSTL.COM](http://springflingstl.com)

Or email springflingconvention@yahoo.com

www.springflingstl.com



*Create the fellowship
you crave...*



SMA[⊙]ACC

Southern Motorcyclists in Alcoholics Anonymous Camping Convention, IX

WHEN: Aug. 24-27, 2023

WHERE: Fall Creek Falls TN State Park,
Newton Ford Bunk House.

REGISTRATION: \$50, after Jul. 31st – \$60.
The registration fee will cover meals & lodging.

TO PRE-REGISTER WITH CASHAPP: Use \$Sokygoose.

SPEAKERS: John E. (TN) – Fri PM, James Lee (FL) – Sat PM,
Jane Lee (FL) - Sun AM.

For contact information, see website: <http://www.smaacc.org/>



Name _____ AA _____
Address _____ Al-Anon _____
City, State, Zip _____ Others _____
Email _____ Sobriety Date _____
Would you like to volunteer? _____ Yes _____ No _____
If yes, phone number _____

Please, let us know about any special needs _____

Pr-registration: \$50 _____ After July 31st, \$60 _____ Donation: _____ Total: _____

Mail to: SMAAC, 370 South Lowe Ave., BOX 242, Suite A, Cookeville, TN 38501

The background of the entire image is a repeating pattern of tropical leaves. The leaves are in various colors: light green, dark green, yellow, and light blue. The shapes include large, lobed monstera leaves and smaller, feathery palm-like leaves. The pattern is dense and covers the entire area.

End of Summer Party

Sunday, Aug 27th

AVL12 Clubhouse

1 Kenilworth Knoll, Asheville, NC

1:30pm-6:00pm

Please bring a side dish to share

Grupo Gratitude

HENDERSONVILLE, N.C.

Agosto/29/2015

Alcohólicos



Agosto/29/
2023

Anónimos

OCTAVO ANIVERSARIO

Domingo 03 Septiembre 2023

10AM a 12PM



Música Bailable y
Almuerzo

Todos están invitados. Importante información, como superar los daños personales, familiares, de trabajo y legales que causa el alcohol. Los niños son bienvenidos

MAS INFORMACIÓN

(828) 708-2282

(781) 632-0300

(828) 423-5281

15 IDA ROGERS DR. HENDERSONVILLE, NC 28792

2023

ALCOHOLICS ANONYMOUS

BRIDGING

THE

GAP

*Workshop
Weekend*

TEMPORARY CONTACTS

September 8th - 10th 2023

Sheraton North Houston

15700 John F Kennedy Blvd Houston TX 77032

Hosted by Area 67 Southeast Texas

For hotel reservations call Reservations at 1-281-442-5100

Refer to Group **BTGWW** for special workshop rate of **\$89 plus tax**

The Annual Bridging the Gap Workshop Weekend consists of presentations, discussions, shared experiences, and breakout sessions on BTG topics. **Go to btgww.org for online registration** and more information about Bridging the Gap and the workshop



\$35 Early Bird Registration only

\$40 Registration only after July 31st

\$90 \$85 Registration & Banquet

Banquet Registrations must be received by August 20th

Total Submitted: \$ _____

I am interested in purchasing recordings

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____ Area #: _____

Email: _____

I am willing to give a presentation on the following topic:

Accommodations-Special Needs? _____

Return registration form and check to: BTGWW, 2107 Watson Ave St. Paul MN 55116

Any questions, contact Laura S. (612) 309-8385 or email: coordinator@btgww.org



Districts 70, 71 and 80 of Western North Carolina invite you to join us for a

CORRECTIONS WORKSHOP

- **Corrections Panels and Guest Speaker.**
- **Coffee/Donuts and Lunch will be served.**

October 7, 2023

9 am – 3 pm

**Maggie Valley United
Methodist Church**

4192 Soco Rd

Maggie Valley, NC 28751

FALL THROUGH THE STEPS



OCTOBER 13-14, 2023

PRESALE TICKETS AVAILABLE ONLINE: \$20

TICKETS AFTER AUGUST 14TH & AT DOOR: \$25

JOIN US FOR A 2 DAY BIG BOOK WORKSHOP HOSTED BY THE
CHARLOTTE CONFERENCE COMMITTEE

LOCATION: ALBEMARLE ROAD PRESBYTERIAN CHURCH
6740 ALBEMARLE ROAD CHARLOTTE, NC 28212

SCAN FOR REGISTRATION

LED BY
JARED D. & JOHN E. FROM DALLAS, TX



AGENDA

FRIDAY
6:00PM: DINNER PROVIDED
7:00PM: WORKSHOP

SATURDAY
8:30AM-9:30AM: BREAKFAST & COFFEE
9:30AM-12:30PM: WORKSHOP
12:30PM-1:30PM: LUNCH
1:30PM-4:30PM: WORKSHOP

VISIT [HTTPS://TINYURL.COM/FALLTHROUGHTHESTEPS](https://tinyurl.com/fallthroughthesteps) FOR MORE INFO

Area 51 Fall Committee & Assembly Meeting October 20-22, 2023

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

ADVANCE HOTEL INFORMATION

Deadline for Reservations: Wednesday, September 13, 2023

Group Code: NCGS

Group Name: North Carolina General Service

Room Rates: \$169.00 Single/Double, \$179.00 Triple, \$189.00 Quad

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

Internet: Link for direct reservations: <https://tinyurl.com/bdnew3x9>

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

For Best Results:

- **MAKE YOUR RESERVATIONS EARLY!**
- Call as soon as possible prior to the deadline. It's easier to cancel a reservation than to get one at the last minute. If possible, call the Hilton Raleigh North Hills directly at 919-872-2323 during business hours Monday through Friday. This gives you the best chance to speak with a reservations clerk at the hotel. At other times - when the hotel clerks are busy -- calls to this number may be transferred to a regional reservations center.
- Please note once the rooms in our block sell out, it's unlikely there will be other rooms left in the hotel.
- If you reserve by phone, be sure to specify the group code "NCGS" and the group name "North Carolina General Service."
- Always be sure to get a confirmation number.
- If you have ANY trouble with Room Rate or Availability, please contact the Area Chairperson at chair@aanorthcarolina.org.
- **Thank you for your service and support of Area 51 and see you at the Winter 2023 Committee Meeting!**

**Thank you for your service and support of Area 51.
See you at the Fall 2023 Committee and Assembly Meeting!**

Why Staying at Our Host Hotel is Important

A Message from the Area 51 Chairperson

Fall 2023

The hotels that host Area 51 events typically charge for meeting space based on how many guest rooms our attendees occupy. For every Assembly, Committee Meeting and Convention, Area 51 has a contract that specifies the number of guest rooms the hotel will “block” for our use. If we fill at least 80% of our room block and 100% of our food and beverage minimum (\$2,000.00), our meeting space is *free*. Otherwise, we are charged if we fall short of this mark.

Free meeting space is what Area 51 budgets and what we usually achieve. However, more than once we have come up short and paid a steep price.

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

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

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

Thank you for your service in Area 51!

Inspire and Attract!

SSAASA7

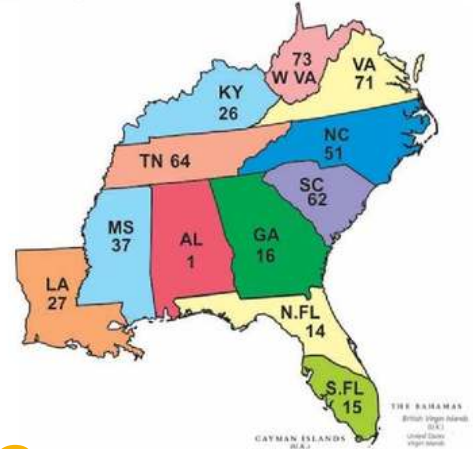
South East Region Service Assembly

Meet your peers around the South East Region

Hosted by Area 14, North Florida

- ✓ Panel Discussions
- ✓ Service Workshops
- ✓ Share Your Service Experience
- ✓ Learn and Discover
- ✓ Volunteer Opportunities

**Southern States
A. A.
Service Assembly
Orlando Florida
Sheraton Orlando North
November 17-19, 2023**



SSAASA7.ORG



Questions? Email chair.ssaasa7@gmail.com

Scan to go to website

Service Workshops * Panel Discussions * Service Experience

YOU Are Invited!

Inquiring minds and trusted servants from all over the South East Region will come together to discuss all things service. Come to Discover, Learn and Share. See old friends, and make new ones.

<p>Volunteer to help in so many ways:</p> <ul style="list-style-type: none"> • Greeter • Registration • Hospitality • Presenter 	<p>Discuss and Share:</p> <ul style="list-style-type: none"> • General Service Positions • Grapevine • Intergroup • Traditions (Have fun) • Concepts (Learn) • Just checking out the 3rd Legacy?
<p>Register and reserve your room at ssaasa7.org, or download paper registration form and FAQ</p> <p>Questions? Email chair.ssaasa7@gmail.com</p>	
<p>Need A Scholarship? We are able to offer a scholarship for <u>Registration Only</u>. Email chair.ssaasa7@gmail.com for an application. Be sure to allow time to reserve your hotel room if one will be needed.</p>	

SSAASA 7 FAQ's

- What: SSAASA 7, hosted by Area 14
- When: November 17-19, 2023
- Where: Sheraton Orlando North, 600 North Lake Destiny Road, Maitland, FL 32751
- Go to: SSAASA7.org to register, reserve your room, and then plan to have FUN!!

- Important Dates: Make your hotel reservation by October 26, 2023 and register by November 3, 2023. Remember, presenters will be chosen from the registration list, so register early.
- What does SSAASA stand for? SSAASA is the Southern States Alcoholics Anonymous Service Assembly. It began in 2011. It is held each odd year in November.
- Who is SSAASA for? SSAASA is an event supported by the Southeast Region. Any AA member can attend but it is planned by members from the 13 Areas in the Southeast Region, for GSRs, DCMs, District & Area Committee Members, Intergroup/Central Office reps, and anyone interested in or involved in A.A. service. All A.A. members are welcome to attend to learn more about our Third Legacy - Service!
- What happens at a SSAASA event? A program is set up by the host committee where there are general sharing sessions, panels on specific topics, and workshops or roundtables where people holding the same jobs can share experience with each other and learn more about each service opportunity.
- Is there a cost? Yes. The SSAASA event is self-supporting through your registration fee. Home groups, districts, and areas can honor the 7th tradition by supporting your trusted servants so that they may attend.
- All attendees need to register at ssaasa7.org, or by mail . Then be sure to complete your hotel reservation from the link provided on the website

Still got Questions? Email chair.ssaasa7@gmail.com



Southern States Women's Conference

January 26-28, 2024

Debbie D. (Concord, CA)	Steps 1 & 2
Sharon C. (Los Angeles, CA)	Step 3
Michalene (Escondido, California)	Steps 4 & 5
Amanda B. (Montgomery, AL)	Steps 6 & 7
Juanita U. (Santa Fe, New Mexico)	Alanon
Tina A. (Hollister, CA)	Steps 8 & 9
Mildred F. (Toronto, ON)	Steps 10 & 11
Mary T. (Tampa, FL)	Step 12
schedule subject to change	

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 **\$40** 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)

\$40 Early registration price online at southernstateswomensconference.org/registration or use QR code



ASL Interpreter Provided

Hyatt Riverfront Jacksonville
 225 E Coastline Drive
 Jacksonville, FL 32202
 Mention SSWC for conference pricing
 904-588-1234

**Please direct all
communications to:**

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

March 15, 2023

TO: Members of the General Service Conference; Intergroups and Central Offices, U.S./Canada

FROM: Sandra W., 2025 International Convention Interim Coordinator
Email: 2025ic@aa.org

Warm greetings from the General Service Office in New York!

This is a friendly reminder regarding setting up future local events for 2025, the year that the 2025 International Convention will be held in Vancouver, BC, Canada, July 3-6, 2025.

“Reflecting guidance from the Additional Consideration of the 1999 Conference Committee on International Conventions/Regional Forums, the trustees’ Committee on International Conventions/Regional Forums suggested that the area/state/provincial committees be made aware that experience has shown that planning a local A.A. event such as a convention, too near the dates of an International Convention may result in a smaller attendance at the local event; this notice to be sent out annually starting three years prior to each International Convention.”

Once again, if you would pass this information on to any local or regional planning committees who may be setting up future events for 2025, we would appreciate your cooperation.