

# Mountain Doin's

OCTOBER  
2023

Serving AA in Western North Carolina's Districts 70, 71, and 80 since 1974

## A Fresh Perspective

by Chad P. - St. Louis, MO

*Totally overwhelmed at work at 12 years sober, he found the path to peace just down the road.*

When I was 12 years sober, I had a lot of difficulty at work. My job as a visiting assistant professor at a university was on shaky ground.

My employment contract was only renewed year to year, so I seemed to be constantly looking for another job. I was also being assigned to teach classes that were outside the subject area I had studied (in order to be blessed with a PhD at nine years sober), and I was having to make things up as I went along. My Higher Power was definitely carrying me through the experience. I constantly felt overwhelmed and out of my mind for a lot of that time.

But not after work on Mondays, once a month. That day I got to drive from the university to a hospital nearby and head up a couple of floors to a treatment center to help chair an AA meeting. It was a room full of other alcoholics, most of them in their very first days of sobriety, and it always made me feel right at home. I got to take my time and set up the chairs and distribute the pamphlets on a table before they all came in. I would then settle in before everyone arrived. Some pulled their chairs as far away from the front table as possible. I could definitely identify with that impulse for sure.

I would be joined by another outside member, my co-chair, and an AA speaker. Sometimes they brought another sober friend along. Whether I was the one chairing that day or the one introducing the speaker, I found myself wonderfully plugged in. The "heart warmth" in the room always drew my focus and took my attention off of my difficulties, especially my job. It made me feel that I'd be all right no matter what.

As I looked at everyone in the room, I'd realize that no matter what their sick heads were telling them, they would be OK or better than OK, as long as they grabbed hold of this program. I thought, what a gift it is for them that they have sobriety today, whether they can see it yet or not.

Then it hit me: Wow, that's true for me too!

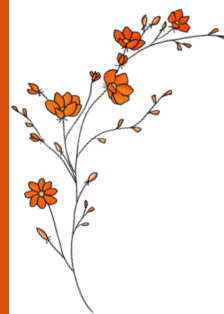
One night at one of our meetings there, I saw a familiar face in the front row. He was



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

(828) 254-8539  
24/7

info@ncmco.net  
aancmco.org



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the son of a fellow member at my home group. I had seen this guy in and out of meetings before. Back then he was probably sober, but on this day he definitely was not. His eyes were wide and void. He tried to tie his shoes and couldn't finish. He tried to talk during the question-and-answer part of the meeting and couldn't manage that either. Poor kid, I thought, in his 20s, just like I was before I got sober when I was dying of alcoholism.

Somehow the fact that I knew his family helped me see the tragedy that was sitting there in that chair more clearly. His family was going through what my loved ones must have gone through. They may have helped him get into treatment, but he was not doing well, not at all. As sad as that was, it made me grateful that because of this program I was doing well, no matter what went on at my job.

A year later, I was out of work and on unemployment. I came to our annual AA convention in that same area and there he was again, the young guy from the hospital—same face, but alive now in his eyes and smiling. He was sober. He walked over and said hello and we talked. It was hard to believe that I was talking to the same guy. Maybe in a way I wasn't. I'm certainly not the same guy who used to drink and drug, am I?

At that same convention, I saw a guy from my home group who told me that he was about to start school. He said that what I had shared in meetings about getting my PhD was part of the reason he started college. I had helped inspire him. I felt like this guy's statement was, in a way, my Higher Power telling me, "I have more important reasons for getting you that degree than a job."

Finding that job so close to a treatment center was not my doing. That job just fell into place. And as nice as that job was, all things considered, it didn't compare to what I got to do just down the road from it: to be able to sit with alcoholics at the start of their sobriety journey and get a fresh perspective on mine.

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# October Grapevine now available!



## Mid-Sobriety Challenges

This month's feature section is "Mid-Sobriety Challenges" - powerful stories by AA members about the challenges that happen after 10, 15 or 20+ years of sobriety.

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

# The Grapevine and La Viña apps are here!



With a Digital subscription, you'll be able to read the new magazine each month, explore the Grapevine or La Viña archive, send stories to friends, listen to the audio of each article in the magazine, listen to the podcast, enter your own sobriety date for a daily calculation, build your own spiritual maintenance daily checklist, and much more.

[Learn more here!](#)

## After-hours Phone Volunteers Needed

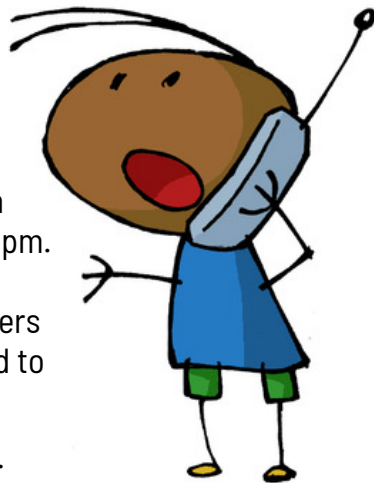
Central Office is looking for volunteers to answer the phone from 1:30pm in the afternoon until 9:30am the next morning. Most nights don't see more than a call or two, rarely after 10 or 11pm. Most callers are interested in meeting information so volunteers should have the internet at hand to access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

One year of sobriety is required.

Information can be found at:

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

Or call Central Office at 828-254-8539.



## Call & Visitor Log August 2023

12 Step Calls - 17  
General Info - 4  
Family Help - 4  
Meeting Info - 42  
Central Office Business - 69  
Medical/Detox - 1  
Visitors - 76  
After-hours Volunteers - 68 calls

Visits to [aanmco.org/](https://aanmco.org/) website:  
Unique Visitors - 2,409  
Total Visits - 5,926; Visits/Visitor - 2.46  
Total Pages - 46,566; Pages/Visit - 7.86



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

We will be selecting a new 12 Step Call Volunteer Coordinator (an appointed position) and electing a new Board Chairperson and a new Secretary for 2 year terms starting in January 2024. (See page 5 for details of qualifications and duties.) If you are interested in being of service, please attend the COR/Board meeting. Contact Central Office with any questions: (828) 254-8539; [info@ncmco.net](mailto:info@ncmco.net)

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 8/31/2023

Prudent Reserve  
\$16,130.41

Operating Account  
\$11,717.08

Rent Deposit - \$400.00

Petty Cash - \$50.00

# Profit & Loss YTD

	Aug 2023	Jan-Aug, 2023 (YTD)
<b>Income</b>		
<b>Contributions</b>		
Birthday Contributions	\$78.00	\$117.28
Group Contributions	\$2,184.15	\$21,529.53
Individual Contributions	\$61.78	\$720.36
<b>Total Contributions</b>	<b>\$2,323.93</b>	<b>\$22,367.17</b>
Interest on Money Market	\$1.37	\$10.75
<b>Sales Income</b>		
Literature & merchandise	\$3,107.24	\$20,716.75
Shipping charged to groups	\$87.70	\$541.03
<b>Total Sales Income</b>	<b>\$3,194.94</b>	<b>\$21,257.78</b>
<b>Total Income</b>	<b>\$5,520.24</b>	<b>\$43,635.70</b>
<b>Cost of Goods Sold</b>		
Cost of Goods Sold		-\$108.17
Credit Card Processing		
PayPal Fee	\$18.42	\$154.03
<b>Total Credit Card Processing</b>	<b>\$18.42</b>	<b>\$154.03</b>
Freight - vendor shipping	\$69.58	\$368.28
Literature & merchandise	\$2,622.41	\$17,181.08
Shipping to groups	\$98.29	\$564.77
<b>Total Cost of Goods Sold</b>	<b>\$2,808.70</b>	<b>\$18,159.99</b>
Inventory Shrinkage	\$27.98	\$287.65
<b>Total Cost of Goods Sold</b>	<b>\$2,836.68</b>	<b>\$18,447.64</b>
<b>Gross Profit</b>	<b>\$2,683.56</b>	<b>\$25,188.06</b>
<b>Expenses</b>		
ICOAA Conference		\$50.00
Office Expenses	\$15.99	\$159.80
Office Supplies	\$3.00	\$528.28
Payroll Expenses		
Gross Salary	\$1,420.00	\$12,030.00
Payroll Taxes (Company)	\$108.64	\$920.38
<b>Total Payroll Expenses</b>	<b>\$1,528.64</b>	<b>\$12,950.38</b>
Rent	\$604.00	\$4,832.00
<b>Telephone &amp; Internet</b>		
Office Telephone/Internet	\$168.39	\$962.38
Web Expenses		-\$94.23
<b>Total Telephone &amp; Internet</b>	<b>\$168.39</b>	<b>\$868.15</b>
<b>Total Expenses</b>	<b>\$2,320.02</b>	<b>\$19,388.61</b>
<b>Net Operating Income</b>	<b>\$363.54</b>	<b>\$5,799.45</b>
<b>Net Income</b>	<b>\$363.54</b>	<b>\$5,799.45</b>



# Contributions

Group Contributions:	Aug 2023	YTD
12 & 12 Study Group 717-595		\$105.00
Acceptance Group 122-477		\$983.50
Agnostics, Atheists & Freethinkers AA Group		\$265.00
As Bill Sees It Group 169-463		\$45.00
Back to Basics Grp (Weaverville) 147-139		\$150.00
Big Town Group 671-200	\$78.15	\$387.45
Brevard Men's Group		\$250.00
Brevard Serenity Group 631-231	\$340.00	\$340.00
Bryson City Group 110-467		\$100.00
BYOC - Bring Your Own Coffee		\$150.00
Candler KISS Group 163-148		\$350.50
Cashiers Valley Grp 122-589		\$772.94
Cedar Mountain Group 161-082		\$121.00
Common Sense Group 179-909		\$300.00
Conscious Contact Group - Asheville	\$250.00	\$831.00
Cullowhee Valley Group 118-129		\$210.00
Cumberland Group 122-472		\$230.00
Daily Decisions 643-869		\$2,009.08
Day by Day Group 159-058		\$328.58
Early Bird Group 612-780		\$327.00
Fellowship Group, Fletcher 655-542		\$1,320.00
Fireside Group 655-046		\$171.73
Good Livers 666-360		\$400.00
Grace Group of Asheville 161-970	\$461.00	\$1,273.10
Hendersonville Group 110-594		\$399.00
Hendersonville Men's Group		\$200.00
Hendersonville Women's BBSS 723-106		\$175.00
Hey Girl, Surrender Group - 000392207		\$150.00
It's In the Book Group 000260106	\$50.00	\$150.00
Joy of Living - Brevard 669-820	\$219.00	\$424.50
Liars Club	\$81.00	\$464.00
Lost and Found Group 000427291		\$100.00
Love & Tolerance Group	\$75.00	\$75.00
Maggie Valley Group 158-950		\$550.00
Mars Hill Group 130-895		\$160.00
Marshall Group 100-489		\$210.00
Men's Attitude Adjustment Group 670-850	\$285.00	\$285.00
Micaville 12 & 12		\$100.00
Midday Group (Hendersonville) 143-420		\$60.00
Monday 6:00 Open Meeting		\$140.30
Mountain View Group (Highlands) 110-598		\$124.40
Newcomers Group - Flat Rock		\$40.00
New Freedom Group 700-124		\$150.00
Noontime Big Book Study	\$35.00	\$72.40
Phoenix Group 697-148		\$156.00
Practicing Principles 667-311		\$31.27
Recovery by the River 674-892		\$157.79
Roundtable Group 135-605		\$70.00
Safe & Sound Group 645-654		\$418.97
Saturday Morning Men's Meeting	\$75.00	\$525.00
Serenity Service Group 110-498		\$424.33
Sober Sisters - Black Mtn		\$438.50
Sober Sisters - Burnsville 000460489		\$100.00
South Asheville Literature		\$75.00
Spiritual Fitness Group 720-419	\$50.00	\$50.00
Spruce Pine Group 110-679		\$225.00
Spruce Pine Saturday Morning Group 110-679		\$116.00
Total Surrender Group	\$165.00	\$264.00
Traditional Group 110-499		\$750.00
Tuesday Night Men's Group 179-001		\$93.00
Waynesville Grace Group 110-692		\$1,307.19
We Think Not Group 700-411		\$30.00
West Asheville Group 110-501	\$20.00	\$20.00
Women of Courage Group 688-025		\$642.00
Young People's Group 645-646		\$185.00
<b>Total Group Contributions:</b>	<b>\$2,184.15</b>	<b>\$21,529.53</b>

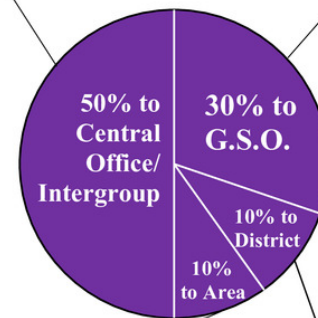
Individual Contributions:	Aug 2023	YTD
Anonymous	\$26.78	\$152.32
Beverly B.		\$130.00
Judy M.		\$38.00
Kay G.		\$30.00
Nancy B.		\$10.04
Shannon K.	\$25.00	\$200.00
Sheila D.		\$80.00
In Memory of B.G.	\$10.00	\$80.00
<b>Total Individual Contributions:</b>	<b>\$61.78</b>	<b>\$720.36</b>
Birthday Contributions:	Aug 2023	YTD
Anonymous		\$34.28
Pam C.	\$40.00	\$40.00
Sandra F.	\$38.00	\$38.00
Keith F.S.		\$5.00
<b>Total Birthday Contributions:</b>	<b>\$78.00</b>	<b>\$117.28</b>
<b>Total Contributions:</b>	<b>\$2,323.93</b>	<b>\$22,367.17</b>

## 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**  
22 Whisper River Ct.  
Sapphire, NC 28774



# Central Office Board Positions Open

Central Office is looking to fill three Board positions: Chair, Secretary, and 12th Step Call Volunteer Coordinator. Below are the responsibilities and requirements for each position. If you are interested, please attend the next COR/Board meeting, **Thursday, November 9 at 6:00pm**, via zoom. For updated meeting information and Zoom link, check the website: <https://aancmco.org/index.php/events/>

## Chair (2-year term that begins January 2024)

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

## Secretary (2-year term that begins January 2024)

1. Shall perform all duties incident to the office and others as assigned.
2. Shall attend and take minutes of all COR General Committee and Central Office Board meetings and have copies available at the Central Office's customary place of business within 14 days after the meeting.
3. Shall follow the Alternate Chair in line of succession to the Chair at board meetings.
4. Shall have at least five years' continuous sobriety at the time of taking office.

## 12th Step Call Volunteer Coordinator (an appointed position)

1. Has responsibility for maintaining the 12th Step Call Volunteer List.
2. Recruits new volunteers.
3. Works with the office manager to keep the 12th Step Call Volunteer List information current.
4. Attends Board and General Committee meetings as a voting member.
5. Shall have at least three years of continuous sobriety.
6. The suggested term will be three years.

Contact Central Office with any questions: (828) 254-8539; [info@ncmco.net](mailto:info@ncmco.net)



# 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.

**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. See flyer for registration information or go to the Area 51 website: <https://aanorthcarolina.org/members/assembly/> If you have any questions, contact the Area Chairperson: [chair@aanorthcarolina.org](mailto:chair@aanorthcarolina.org)



**SSAASA7 (Southern States AA Service Assembly) November 17-19.** Sheraton Orlando North, Orlando, FL. Hosted by Area 14 - North Florida. Service Workshops, panel discussions, service experience. See flyer for more information. For online registration, visit their website: <https://www.ssaasa7.org/>



**Southern States Women's Conference. January 26-28.** Hyatt Riverfront Jacksonville, 225 E Coastline Dr, Jacksonville, FL 32202. For more information, see flyer or visit their website: <https://southernstateswomensconference.org/>



**60th International Women's Conference. February 8-11.** Portland, ME. In-person conference is already sold out! To register for virtual conference, visit their website: <https://internationalwomensconference.org/>



**Stepping Into Serenity Women's Conference. February 23-25.** Doubletree by Hilton, 407 Chestnut St, Chattanooga, TN 37402. For more information, see flyer or visit their website: <https://steppingintoserenity.org/>



**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\\_summer2023.pdf](https://www.aa.org/sites/default/files/newsletters/f-36_summer2023.pdf)



# The Service Express

## District 70

**GSR Business Meeting** – held the 2nd Sunday of the month. The next meeting will be **Sunday, October 8, 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](mailto: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](mailto: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](mailto: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](mailto:corrections_women@ashevilleaa.org). To contact Andrew H, the Men's Corrections Chair, email [corrections\\_men@ashevilleaa.org](mailto: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](mailto:literature@ashevilleaa.org)

**Treatment Facilities Committee** – Chairperson is Mike. He can be reached at [treatment@ashevilleaa.org](mailto: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](mailto: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.btgww.org](http://www.btgww.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, October 14, 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. The DCM, Alternate DCM, and Web Admin will be rotating out in December so those positions will need to be filled. They also still need Chairpersons for CPC/PI, Treatment and Bridging the Gap Committees. See website for information on these positions. 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 **Sunday, October 15, 1:00pm**. This will be a hybrid meeting with Zoom capability as well as an in-person meeting. The in-person location will be on the WCU Campus at 245 Memorial Dr, Room 336 (Cherokee Rm). Zoom info, when available, will be posted on the District 80 website. 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, call or email Central Office: 828-254-8539; [info@ncmco.net](mailto:info@ncmco.net)



The **Murphy Intergroup** has closed and a new Intergroup serving much of Southwestern North Carolina and North Georgia has opened in Blairsville, GA, under the name **AA Mountain Intergroup**. For more information and upcoming events see their website: <https://aamountainintergroup.org/>

## Does Your Group Have a New GSR or Alternate GSR?

District Registrars keep GSO informed of group changes. Contact your group's District Registrar by email or through the District website:

**District 70:** Email: [registrar@ashevilleaa.org](mailto:registrar@ashevilleaa.org)

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

**District 80:** Email: [webmaster@aawnc80.com](mailto:webmaster@aawnc80.com)



# Happy Anniversary!

## Acceptance Group

Sahra L.	10-07-2005	18 yrs
Dan G.	10-23-1983	40 yrs
Colby C.	10-26-1978	45 yrs

## Back to Basics Group - Weaverville

Chase	10-23-2013	10 yrs
Karl S.	10-28-2012	11 yrs
John S.	10-28-2013	10 yrs
Bob H.	10-30-1988	35 yrs
Glen S.	10-31-2009	14 yrs

## Burnsville Group

Shap	10-18-1985	38 yrs
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## Candler K.I.S.S. Group

Sally G.	10-20-2010	13 yrs
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## Conscious Contact Group

Eric L.	10-04-2022	1 yr
Mike F.	10-08-2008	15 yrs
Cynthia B.	10-16-2022	1 yr
Jill S.	10-23-2018	5 yrs

## Cumberland Group

Scott A.	10-06-2014	9 yrs
Jonathan F.	10-26-2016	7 yrs

## Daily Decisions Group

Jerry	10-03-2013	10 yrs
Mark H.	10-09-2012	11 yrs
Watson J.	10-17-1986	37 yrs
Rayn	10-30-2020	3 yrs

## Fellowship Group

Eric W.	10-01-2021	2 yrs
Terra H.	10-01-2021	2 yrs
Mike K.	10-05-1977	46 yrs
Marc C.	10-12-2008	15 yrs
Mike K.	10-13-2001	22 yrs
Lisa H.	10-14-2021	2 yrs
Leroy F.	10-18-2021	2 yrs
Lindsey H.	10-25-2021	2 yrs

## Grace Group

Mark M.	10-01-2019	4 yrs
Sarah H.	10-01-2020	3 yrs
Doug H.	10-03-2014	9 yrs
Elena L.	10-04-2019	4 yrs
Kat C.	10-04-2020	3 yrs
Esaias J.	10-09-1992	31 yrs
Catherine H.	10-09-2014	9 yrs
Susan M.	10-10-2001	22 yrs
Kate H.	10-11-2016	7 yrs
Allison G.	10-13-2020	3 yrs
Kathleen C.	10-13-2021	2 yrs
Nanette R.	10-14-2010	13 yrs
V / Vigilance D.	10-15-2016	7 yrs
David W.	10-16-1992	31 yrs
Devon M.	10-17-2016	7 yrs
Patrick A.	10-18-2005	18 yrs
Tyler H.	10-23-2017	6 yrs
Ronnie J.	10-31-1985	38 yrs

## Happy Hour Group

Frank R.	10-19-1979	44 yrs
Hugh A.	10-27-2012	11 yrs

## Hendersonville Group

Mike H.	10-19-2009	14 yrs
James H.	10-22-2022	1 yr
Kim B.	10-24-1986	37 yrs
Kathleen K.	10-31-2010	13 yrs

## Hendersonville Men's Group

Dale K.	10-20-2013	10 yrs
Sam S.	10-30-2022	1 yr

## Lambda Group

Robert C.	10-02-2016	7 yrs
Elizabeth S.	10-21-2016	7 yrs
Rob A.	10-30-2018	5 yrs

## Maple Grove Group

Carl I. (In Memoriam)	10-25-1993	30 yrs
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## Motley Crew/Columbus

Don L.	10-11-1998	25 yrs
Adie M.	10-18-1986	37 yrs
Jim M.	10-21-1996	27 yrs

## Out to Lunch Bunch

Roger M.	10-16-1984	39 yrs
Virginia H.	10-28-1986	37 yrs

## Phoenix Group

Frank	10-06-2005	18 yrs
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## Serenity Now Group

Tim H.	10-10-2020	3 yrs
Rose W.	10-17-1995	28 yrs
Ellen W.	10-30-1995	28 yrs

## Serenity Seekers - Marion

Terry M.	10-19-2016	7 yrs
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## Total Surrender Group

Kari W.	10-25-2015	8 yrs
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## Traditional Group

Bob B.	10-07-2022	1 yr
Chriss B.	10-07-2022	1 yr
Charlie L.	10-11-2021	2 yrs
Will J.	10-19-2021	2 yrs
Tim S.	10-26-2020	3 yrs

## Waynesville Grace Group

Gordon P.	10-14-1992	31 yrs
Tommy Mc.	10-15-1982	41 yrs
Cara G.	10-19-1998	25 yrs
Jimmy R.	10-31-1982	41 yrs

## Women of Courage

Colleen McG.	10-10-1988	35 yrs
Sheila D.	10-10-2019	4 yrs
Mary K.	10-13-2021	2 yrs
Ali M.	10-14-2003	20 yrs
Sharon O.	10-15-1990	33 yrs
Ceil S.	10-17-1987	36 yrs
Maryann J.	10-17-2014	9 yrs
Vv (Janey)	10-24-1990	33 yrs
Jan N.	10-30-1991	32 yrs

## Women's Big Book Step Study Group

Linda K.	10-08-1988	35 yrs
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## Young People's Group

Daniel N.	10-05-2020	3 yrs
Leigh H.	10-07-2019	4 yrs
Katherine J.	10-12-2017	6 yrs
Jack A.	10-16-2008	15 yrs
Reid O.	10-20-2013	10 yrs

## The Birthday Plan

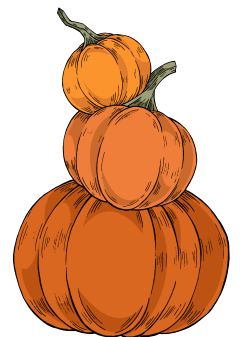
For many years, A.A. members have celebrated their sobriety by sending a contribution to the General Service Office. Your birthday (or anniversary) money helps to support G.S.O.'s services to members and groups throughout Canada and the U.S., to ensure that the A.A. message is carried around the world. 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](mailto:info@ncmco.net). The November newsletter deadline for sending in anniversaries and announcements is October 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 2<sup>nd</sup> 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](mailto: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/>

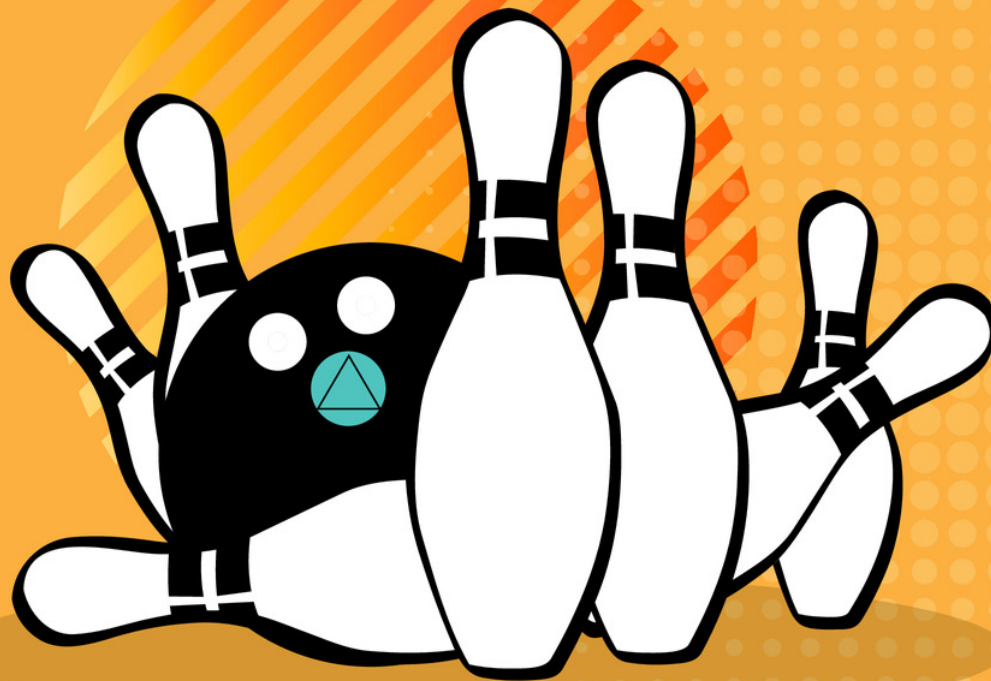


(They have great food too!)

# 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



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

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# General Service Committee

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Chairperson  
10100 Wood Ct.  
Charlotte, NC, 28277  
chair@aanorthcarolina.org

Secretary  
PO Box 11104  
Wilmington, NC 28404  
secretary@aanorthcarolina.org

## DEADLINE FOR HOTEL RESERVATIONS September 20, 2023

**DATE:** AUGUST 23, 2023

**TO:** GSRs, Alternate GSRs, DCMs, Alternate DCMs, LCMs (Local Committee Members), Convention Chair and Alternate, Coordinators, Officers, Past Delegates, and any other interested members!

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

**Theme: "RECOVER, UNITE, and SERVE"**

**Special Guest: TBD**

Assembly Business Sessions, Workshops, Early Bird, and Speaker Meetings  
Literature, Grapevine, Corrections, Treatment, Accessibilities, Archives, CPC, and PI Displays  
will be held at the

**Hilton Raleigh North Hills, 3415 Wake Forest Road, Raleigh, NC 27609**

### Hotel Reservations

**Deadline for Reservations:** Wednesday, September 20, 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](http://www.northraleigh.hilton.com)

#### For Best Results

- **PLEASE MAKE YOUR RESERVATIONS EARLY!**
- Call as soon as possible and **before** the deadline. It's easier to cancel a reservation than to get one at the last minute.
- Once the rooms in our block sell out, it's unlikely other rooms will remain in the hotel.
- Specify the group code "NCGS" and the group name "North Carolina General Service."
- If possible, call the Hilton Raleigh North Hills directly at 919-872-2323 during business hours Monday through Friday. This gives you the best chance to speak with a reservations clerk at the hotel. At other times - when the hotel clerks are busy -- calls to this number may be transferred to a regional reservations center.
- Always be sure to get a confirmation number.
- If you have ANY trouble with Room Rate or Availability please contact Greg K., the Area Chairperson, at [chair@aanorthcarolina.org](mailto:chair@aanorthcarolina.org).

**Thank you for your service and support of Area 51.**

**SEE YOU IN OCTOBER!**

# 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](mailto: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.

**Volunteer to help in so many ways:**

- Greeter
- Registration
- Hospitality
- Presenter

**Discuss and Share:**

- General Service Positions
- Grapevine
- Intergroup
- Traditions (Have fun)
- Concepts (Learn)
- Just checking out the 3<sup>rd</sup> Legacy?

Register and reserve your room at [ssaasa7.org](http://ssaasa7.org), or download paper registration form and FAQ

**Questions?** Email [chair.ssaasa7@gmail.com](mailto:chair.ssaasa7@gmail.com)

**Need A Scholarship?** We are able to offer a scholarship for Registration Only. Email [chair.ssaasa7@gmail.com](mailto:chair.ssaasa7@gmail.com) for an application. Be sure to allow time to reserve your hotel room if one will be needed.

## 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](http://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 7<sup>th</sup> tradition by supporting your trusted servants so that they may attend.
- All attendees need to register at [ssaasa7.org](http://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](mailto: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](https://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

2024

# 60th International Women's Conference

**VIRTUAL!**

INTERNATIONALWOMENSCONFERENCE.ORG



**February 8-11, 2024**  
Live from Portland, Maine

**KEYNOTE SPEAKERS** broadcast to you from Portland, Maine  
**ENTERTAINMENT** and fellowship Friday and Saturday nights

**HYBRID PANELS:** Attend select panels as they happen live

**EXCLUSIVE** online panels & workshops for attendees

**OPPORTUNITIES** to be of service to other sober women

**\$15**

Registration

<https://internationalwomensconference.org/>



Questions? [IWCPORTLAND24@GMAIL.COM](mailto:IWCPORTLAND24@GMAIL.COM)



# STEPPING INTO SERENITY WOMEN'S CONFERENCE FEBRUARY 23-25, 2024 CHATTANOOGA, TN



Hotel Info:

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

Room Rates: \$121.00  
Reservation Code: SIS  
Reserve by: 01/23/2024



SPEAKERS

Jennifer D. Wilmington, NC	Step 1
Mari G. Markham, Canada	Step 2 & 3
Judith R. Bismark, ND	Step 4 & 5
Amy D. Louisville, KY	Step 6 & 7
Leslie S. Atlanta, GA	Step 8 & 9
Jessica J. Georgetown, TX	Step 10 & 11
Brenda J. Mckinney, TX	Step 12
Diane A. Nashville, TN	Alanon



Registration: \$30 until January 1<sup>st</sup>, 2024

At the Door: \$35 after January 1<sup>st</sup>, 2024

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

Stepping Into Serenity

P.O. Box 21203

Chattanooga, TN 37424

[www.steppingintoserenity.org](http://www.steppingintoserenity.org)



AA Alanon Volunteer ASL  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_  
Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Name on Badge: \_\_\_\_\_

AA Alanon Volunteer ASL  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_  
Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Name on Badge: \_\_\_\_\_

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](mailto:2025ic@aa.org)

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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.