

Mountain Doin's

**MARCH
2024**

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

Fresh off the Farm

by Norberto A. - Cartago, Valle, Colombia

He learned to drink in Colombia, heard of AA in the U.S., then returned home to get sober and get involved.

I was born into a very close-knit family. My grandfather was a coffee farmer. I had a lot of fun during my vacations visiting his farm. I remember at night we'd all gather around guitars and listen to beautiful Colombian music.

Alcohol was always present. My grandfather would let me drink the leftovers. I was his favorite, and this created in me a sense of superiority. I was always told I'd one day be head of the household. I remember the parties we had during the month of December. The image of a big pot cooking tamales and the smell of alcohol, the sound of laughter and happiness. As usual, I'd wait for the little glass of beer or "aguardiente" (strong liquor).

My grandfather was a family man; he loved parties. And as far as I can remember he never had an alcohol problem. This made me want to be just like him. On the other hand, my father, who was an alcoholic, used to come home drunk on weekends and would mistreat and beat my mother, especially on Sundays.

One day my mother, after all the suffering, decided to leave him. My father left the house. That's when I started drinking. In my mother's house there was a record player and many bottles next to it. One bottle in particular, a



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

(828) 254-8539
24/7

info@ncmco.net
aancmco.org



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green one, caught my attention. I opened it up to have a sip. I tasted the sweet flavor and liked it. I don't remember when I passed out, but I fell into a deep sleep. In my dream it felt like someone was placing hot irons on my back. When I woke up I was so thirsty. As I stood in front of the sink, I saw red marks on my shoulders. I got scared, turned around and saw that my whole back had red marks. I ran to my grandmother and asked her what had happened. She told me that she had punished me using a washing machine hose. She couldn't believe that I didn't remember. After that incident, I drank secretly. I was 11.

At 14 my mother took me to the United States to study. I didn't want to go because I was in love and didn't want to be apart from my girlfriend. My drinking got much worse. Eventually my girlfriend became my wife, and we had three kids. However, my life always revolved around drinking alcohol and partying. I always ended up causing harm and destruction.

One summer night in 1982, I came home drunk in a state of rage and jealousy and destroyed everything in the house—smashed the furniture and disrupted my family's peace. The police came, but I escaped through the back door. I remember waking up the next day without any clue what had occurred. When I saw the aftermath of the previous night I called my brother-in-law and asked him what had happened. He said we needed to talk. When he told me everything

(continued on page 5)

March Grapevine now available!



Spanish-Speaking AA Members

This month's special section is "Spanish-Speaking AA Members," featuring translated stories from La Viña to illustrate the experience of our Spanish-speaking members.

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

After-hours Phone Volunteers Needed

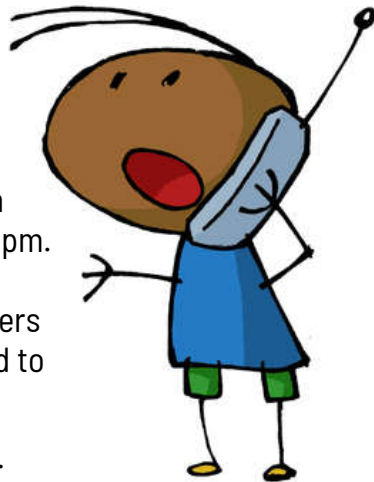
Central Office is looking for volunteers to answer the phone from 1:30pm in the afternoon until 9:30am the next morning. Most nights don't see more than a call or two, rarely after 10 or 11pm. Most callers are interested in meeting information so volunteers should have the internet at hand to access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



LISTEN AND RECORD

GRAPEVINE AUDIO PROJECT

Share as you would in a meeting—
only recorded (for up to 7 minutes).

HOW TO PARTICIPATE

- Call the Audio Project voicemail: (559) 726-1216*
- Or use your own digital recorder or smartphone to record
- To begin, visit www.aagrapevine.org/audioproject for more information



*long distance charges may apply

**GET
INSPIRED!**
Listen to sample
stories on our
website. It's simple
and easy
to participate!



AAGRAPEVINE

AA Grapevine's Podcasts

Is now available on
YouTube [click here!](#)

Call & Visitor Log January 2024

12 Step Calls – 7
General Info – 2
Family Help – 0
Meeting Info – 28
Central Office Business – 52
Medical/Detox – 1
After-hours calls – 35
Visitors – 51



Visits to aancmco.org/ website:
Unique Visitors – 3,332
Total Visits – 7,211; Visits/Visitor – 2.16
Total Pages – 92,072 Pages/Visit – 12.77



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, March 14, 6:00pm, via Zoom:
Meeting ID: 757 855 2319
Passcode: 000000



The Board is still in need of an Alternate Chair (for the second year of the 2023 term) and a Secretary (for a 2-year term which started in January). See page 4 for details.

If you are interested in being of service, please attend the next COR/Board meeting. Contact Central Office with any questions: (828) 254-8539; 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 1/31/2024

Prudent Reserve
\$16,137.18

Operating Account
\$12,317.33

Rent Deposit - \$400.00

Petty Cash - \$50.00

Profit & Loss YTD

Jan 2024

Income

Contributions

Group Contributions	\$4,209.46
Individual Contributions	\$69.70

Total Contributions

\$4,279.16

Interest on Money Market

\$1.37

Sales Income

Literature & merchandise	\$2,028.62
Shipping charged to groups	\$41.46

Total Sales Income

\$2,070.08

Total Income

\$6,350.61

Cost of Goods Sold

Cost of Goods Sold

Credit Card Processing	
PayPal Fee	\$22.14

Total Credit Card Processing

\$22.14

Freight - vendor shipping \$54.56

Literature & merchandise \$1,612.16

Shipping to groups \$41.46

Total Cost of Goods Sold

\$1,730.32

Inventory Shrinkage

\$14.87

Total Cost of Goods Sold

\$1,745.19

Gross Profit

\$4,605.42

Expenses

Bank Service Charges \$49.22

Office Expenses \$15.99

Office Supplies \$3.00

Payroll Expenses

Gross Salary \$1,480.00

Payroll Taxes (Company) \$113.23

Total Payroll Expenses

\$1,593.23

Rent

\$604.00

Telephone & Internet

Office Telephone/Internet \$89.46

Total Telephone & Internet

\$89.46

Total Expenses

\$2,354.90

Net Operating Income

\$2,250.52

Net Income

\$2,250.52



Contributions

Group Contributions:

	Jan 2024
Acceptance Group 000092265	\$760.80
As Bill Sees It Group (Franklin) - 000093648	\$20.00
Back To Basics Group - 000094453	\$100.00
Big Town Group - 000096080	\$102.40
Brevard Serenity Group - 000096758	\$73.36
Candler K.I.S.S. Group - 000098073	\$66.00
Conscious Contact Group - 000099980	\$106.00
Daily Decisions Group - 000100743	\$349.47
Day By Day Group - 000101059	\$116.59
Fellowship Group (Fletcher) - 000104116	\$54.46
It's In the Book Group - 000260106	\$100.00
Joy Of Living Group - 000112527	\$102.00
Leicester Group - 000009461	\$125.00
Mars Hill Group - 000017945	\$115.00
Mountainview Group - 000027730	\$177.20
Noontime Big Book Study Group - 000409637	\$32.76
Pisgah (National Park) Group - 000049661	\$100.00
Recovery By The River Group - 000055540	\$192.07
Safe And Sound Women's Group - 000060517	\$127.96
Serenity Service Group - 000068387	\$106.83
Sober Sisters Group (Burnsville) - 000460489	\$175.00
South Asheville Literature Group - 000075329	\$100.00
St. John in the Wilderness Early Bird Group - 000078454	\$147.00
Total Surrender Group - 000010020	\$132.00
Tuesday Night Men's Group - 000013982	\$167.50
Waynesville Grace Group - 000022141	\$560.06
Total Group Contributions:	\$4,209.46

Individual Contributions:

	Jan 2024
Anonymous	\$9.70
Ellen O.	\$25.00
Shannon K.	\$25.00
In Memory of B.G.	\$10.00
Total Individual Contributions:	\$69.70

Total Contributions: \$4,279.16

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

Revised for 2023

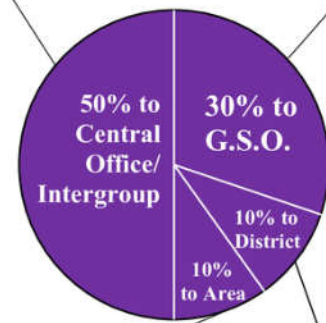
* From the pamphlet "Self-Support: Where Money & Spirituality Mix." Recommendations for other percentages are also in the pamphlet.

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 two Board positions: Alternate Chair and Secretary. Below are the responsibilities and requirements for each position. If you are interested, please attend the next COR/Board meeting, **Thursday, March 14, 6:00pm**, via zoom. For updated meeting information and Zoom link, check the website: <https://aancmco.org/index.php/events/>

Alternate Chair (second year of the 2023 term)

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

Secretary (2-year term that began 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.

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



Fresh off the Farm *(continued from page 1)*

that had occurred, I couldn't believe it. After our talk, he took me to one of the best psychologists in Stanford, Connecticut.

After listening to my story, the psychologist told me he wasn't able to help me. I asked him who could, and he replied, "Alcoholics Anonymous." I told him I didn't think I had those kinds of problems and that I wasn't an alcoholic. I had money, a good job and a home. He said, "If that's the case, you should continue drinking."

That's how I came to AA. I now understand the importance of informing professionals about our community. Because AA members had provided information to this psychologist I was able to find a solution to my drinking.

For nine years I didn't drink, but I kept living my unmanageable life. Then the mental obsession took hold of my mind again, and one day I opened a bottle of sacramental white wine as if I were performing a religious ritual. That's how I started drinking again. I drank for three years.

Finally in 1994 I made another reckless move that had me knocking on the door of AA again. In December of that year, I approached a fellow I had seen leaving the Central Group in Cartago and asked him about AA. He suggested that since it was December, I should continue drinking and join AA on January 1st. How wrong my friend was! I walked into the Central Group that very same day. This time I was serious. And it wasn't just about quitting drinking. To be able to recover, I knew I had to practice all 36 principles.

It's been 23 years now since I came back to AA. I've had three sponsors in that time. My first sponsor walked me through the Big Book. My second sponsor, who now rests in peace, taught me to respect unity and teamwork by following our Traditions. My third sponsor was my service sponsor. Through his example, I learned about the importance of carrying the message so that it reaches the alcoholics, professionals and clergy, as well as the general public.

When I was a GSR, my service sponsor told me to read the A.A. Service Manual. I told him I'd buy it. "Read and study it," he told me. "You'll find the tools to be a good servant." I was beginning to learn about responsibility. Nowadays, I serve on our area's Literature Committee. My gratitude to AA motivates me to study and continue to serve. I'd like to express my gratitude to all those who came before me and made it possible to live this wonderful life. I'm so grateful for my home group. It was there I found a Higher Power greater than myself. Thanks to the daily practice of the Twelve Steps, today I've found a solution to my alcoholism.

*From La Viña, July/Aug 2019
(Original title: "A Jealousy Burst")*

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Special Meetings and Events



NOTE: For updates, please check the specific event websites, or <https://aancmco.org/index.php/events/>
See flyers for additional events not listed here.



35th Annual "Freedom from Bondage" Area 51 A.A. Corrections Conference. March 8-10. Hampton Inn & Suites, 200 Columbus Dr, Aberdeen, NC 28315. Friday registration begins at 5:00pm.

Online Registration: <https://aanorthcarolina.org/35th-annual-freedom-from-bondage/> **Hotel Registration:** 910-693-4330; online: <https://bit.ly/35FFBHamptonInn>; click on "Special Rates"; enter Group Code: **CHHFFB** For more information, email: corrections@aanorthcarolina.org or call: 252-908-0686.



Virtual Pre-Conferences. March 10, 3:00-5:00pm; April 3, 6:00-8:00pm. Zoom Info: Meeting ID: 656 316 7536; Passcode: 924686



5th Annual Appalachian Regional Roundup. March 15-17. MeadowView Conference Resort & Convention Center, 1901 Meadowview Parkway, Kingsport, TN 37660. For more information and registration, visit their website: <https://www.appalachianregionalroundup.com/>



18th Annual Soberstock 2024. March 15-17. Sand Hill Scout Reservation, 11210 Cortez Blvd, Brooksville, FL 34613. For more information, visit their website: <https://soberstock.com/>



Area 51 Western Pre-Conference. Saturday, March 23, 12:00-4:00pm. Hosted by Districts 12 & 13. Myers Memorial United Methodist Church, 3015 New Hope Rd, Gastonia, NC 28054. For more details go to the Area 51 website: <https://aanorthcarolina.org/events/>



2nd Blue Ridge Roundup. April 4-7. YMCA Blue Ridge Assembly, Black Mountain, NC. For more information, see flyer or visit their website: <https://www.blueridgeroundup.org/>



WNC AA Tri-District Service Rally - "Alcoholics Into Action Through Service" Saturday, May 4, 9:00am-3:00pm. (Setup, coffee, and Danish at 8:00am) Hosted by Districts 70, 71 & 80 and NCMCO. A day of fellowship, fun, food, panels, speakers, inspiration, education, and service opportunities galore! Covenant Community Church, 11 Rocket Dr, Asheville 28803. If you have questions or want to volunteer, text George at 601-310-6699, or contact Central Office: 828-254-8539; info@ncmco.net

Fireside Sobriety Circle Campout. May 9-12. Yogi in the Smokies Campground, Big Cove Road, Cherokee, NC. For more details and registration form, see flyer, or contact Herb at 828-506-8563 or firesidesobriety@gmail.com

Area 51 Spring Committee & Assembly Meeting. May 17-19. Lake Junaluska Conference & Retreat Center, 91 North Lakeshore Dr, Lake Junaluska, NC 28745. **Deadline for Reservations: April 17;** Group Name: NCGSCAA Assembly Meeting; Link: <https://tinyurl.com/2tjuajbr> Phone: 800-222-4930, ext. 1; Website: <https://lakejunaluska.com/>



7th Annual WNCYPAA Campout. May 24-26. Briar Bottom Group Campsite, 50 Black Mountain Campground Rd, Burnsville 28714. See flyer for more details or visit their website: <https://avlypaa.com/> Questions? Email: AshevilleYoungPeople@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_fall2023.pdf



The Service Express

District 70

GSR Business Meeting – The next meeting will be **Sunday, March 10, 2:30pm**. It will now be a hybrid meeting, with Zoom capability (Meeting ID: 933 8500 3069; Passcode: 672458) and an in-person meeting at St Luke's Episcopal Church, 219 Chunns Cove Rd, Asheville, 28805. There are still several positions that need to be filled. For updates go to: <https://ashevilleaa.org/>



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 – In District 70, A.A. meetings are being taken into Buncombe County (Asheville), Yancey County (Burnsville), Western Correctional Center for Women (Black Mountain), Craggy (Asheville), Marion (Marion), Avery-Mitchell (Spruce Pine), and Mountain View (Spruce Pine). If you would like to be of service in corrections, contact Tammy Z, the Women's Corrections Chair at corrections_women@ashevilleaa.org. District 70 is in need of a Men's Corrections Chair. If you are interested in this service position, please attend the next GSR meeting. In the interim both women and men can contact Tammy Z.

Literature and Grapevine Committee – Chair position is open. 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.

Technology Committee – Chairperson is Joe L. The goal of this committee is to help A.A. members and groups become more informed about technology issues and needs. Volunteers and new ideas are always welcome. For more information contact Joe at: technology@ashevilleaa.org

Treatment Facilities Committee – Chairperson is Kyle J. 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 a treatment facility make that transition from “inside” the program to life on the “outside”. They particularly need women volunteers. Both the Chair and Co-chair positions are open. If you are interested in volunteering, please attend the next GSR meeting. For more information on Bridging the Gap and upcoming events, visit the website: www.btgww.org



District 71

GSR Business Meeting – held on the 2nd Saturday of the month. The next meeting will be **Saturday, March 9, 9:30am**, 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 following positions are still open: Alt. DCM, CO Trustee, and Chairs for CPC/PI, Bridging the Gap and Grapevine. See website for information on these positions. If you have any questions, contact Alan, the DCM, through the District website: <https://www.nc71.org/contact>



District 80

GSR Business Meeting – held quarterly. The next meeting will be **Sunday, April 14; NOTE - New time: 1:30pm**. 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). They will be using the WCU high tech zoom system; the password and sign on information will be emailed to participants 30 minutes before meeting. Check their website for meeting updates: <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



WNC AA Tri-District Service Rally - “Alcoholics Into Action Through Service” is scheduled for **Saturday, May 4, 9:00am-3:00pm**. (Setup, coffee, and Danish at 8:00am) Hosted by Districts 70, 71 & 80 and NCMCO. A day of fellowship, fun, food, panels, speakers, inspiration, education, and service opportunities galore! Covenant Community Church, 11 Rocket Dr, Asheville 28803. See flyer for more details. If you have questions or want to volunteer, text George at 601-310-6699, or contact Central Office: 828-254-8539; info@ncmco.net



A new Intergroup serving much of Southwestern North Carolina and North Georgia opened last year 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

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

District 80: Email: webmaster@aawnc80.com



Happy Anniversary!

Acceptance Group

Annie M.	3-07-2023	1 yr
Rich W.	3-28-1994	30 yrs

Back to Basics Group - Weaverville

Susan S.	3-02-1995	29 yrs
Wally H.	3-22-1994	30 yrs

Bryson City Group

Dan S.	3-13-1979	45 yrs
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Candler K.I.S.S. Group

Chris S.	3-12-1992	32 yrs
Bruce R.	3-21-1998	26 yrs

Conscious Contact

Barbara W.	3-11-1997	27 yrs
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Daily Decisions Group

Walker T.	3-17-2021	3 yrs
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Fellowship Group

John Q.	3-07-1989	35 yrs
Gary O.	3-08-2010	14 yrs
Eileen S.	3-15-1992	32 yrs
Lorraine D.	3-31-2019	5 yrs

Grace Group

Weston B.	3-03-2015	9 yrs
Jacob L.	3-06-2007	17 yrs

Betsy C.	3-13-1995	29 yrs
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Dick J.	3-15-1981	43 yrs
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Alan D.	3-15-2012	12 yrs
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Wesley M.	3-17-2017	7 yrs
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Dave G.	3-25-1996	28 yrs
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Ethan M.	3-25-2021	3 yrs
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Chris M.	3-29-2020	4 yrs
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Hendersonville Group

Jeff C.	3-01-2022	2 yrs
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Terry G.	3-27-1979	45 yrs
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Kathy B.	3-29-2022	2 yrs
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Mike W.	3-31-2013	11 yrs
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Hendersonville Men's Group

Bob I.	3-27-2008	16 yrs
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Hey Girl, Surrender Group

Robbie L.	3-28-2016	8 yrs
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Lambda Group

Susan S.	3-02-1995	29 yrs
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Kerry W.	3-08-2000	24 yrs
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Miles L.	3-12-2020	4 yrs
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Perry S.	3-24-1987	37 yrs
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Bob S.	3-26-1980	44 yrs
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Mars Hill Group

Ray C.	3-11-2013	11 yrs
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Ed M.	3-17-1974	50 yrs
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Stephen M.	3-27-1983	41 yrs
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Motley Crew/Columbus

Wanda Lu	3-06-2007	17 yrs
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One Day At A Time Group

Sheila P.	3-18-2023	1 yr
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Out to Lunch Bunch

Dave W.	3-22-2022	2 yrs
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Phoenix Group

Peggy H.	3-04-2010	14 yrs
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John B.	3-07-1982	42 yrs
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Serenity Now Group

Brad M.	3-08-1983	41 yrs
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Doug	2-23-2000	24 yrs
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Steve J.	3-26-1986	38 yrs
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Sober Sisters of Burnsville

Heather M.	3-01-2016	8 yrs
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Lynne D.	3-30-2022	2 yrs
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Total Surrender Group

JC	3-11-1992	32 yrs
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Pete H.	3-17-1995	29 yrs
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Shawn K.	3-21-2019	5 yrs
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Waynesville Grace Group

Jimbo C.	3-10-1994	30 yrs
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Mary S.	3-15-2019	5 yrs
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Chris W.	3-16-1996	28 yrs
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West Asheville Group

Agnes	3-09-2023	1 yr
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Young People's Group

Matthew B.	3-21-2018	6 yrs
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Danielle B.	3-05-2016	8 yrs
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David R.	3-14-2016	8 yrs
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The Birthday Plan

For many years, A.A. members have celebrated their sobriety by sending a contribution to the General Service Office. Your birthday (or anniversary) money helps to support G.S.O.'s services to members and groups throughout Canada and the U.S., to ensure that the A.A. message is carried around the world. The services that G.S.O. provides the A.A. groups cost more than \$6 per member per year. Members customarily contribute \$1, \$2 or even \$5 a year for each year of sobriety—others may give a penny or a nickel a day for each day of their sobriety. You may request these Birthday Contribution Envelopes (FR-5) from G.S.O., for yourself or for your group, at no charge.

(Reprinted from Box 4-5-9 Vol. 62, No.1 / Spring 2016)

Birthday Contribution Envelopes from G.S.O. are available for free at Central Office.

We also have envelopes for sending Birthday Contributions to the Central Office!

Stop by the Office to pick up envelopes for yourself or your group members. Or call us (828-254-8539) and we will mail envelopes to you. We thank all the A.A. members and groups who donate so generously!



Need to update your Group's anniversary list? Call Central Office: 828-254-8539 or send a new list to: info@ncmco.net

The April newsletter deadline for sending in anniversaries and announcements is March 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.

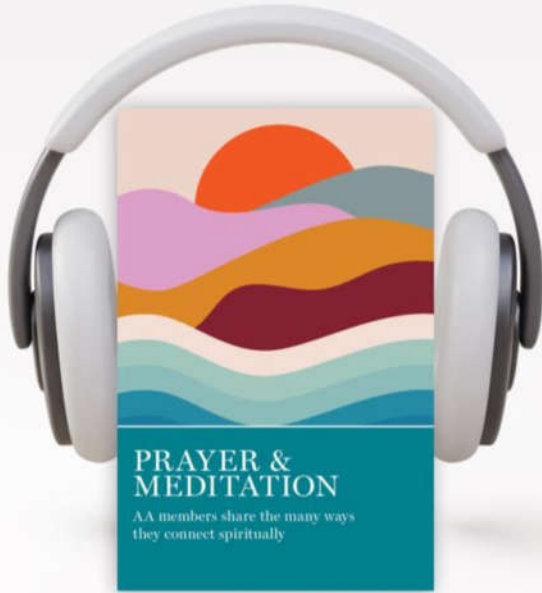
See the Central Office website for details:

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

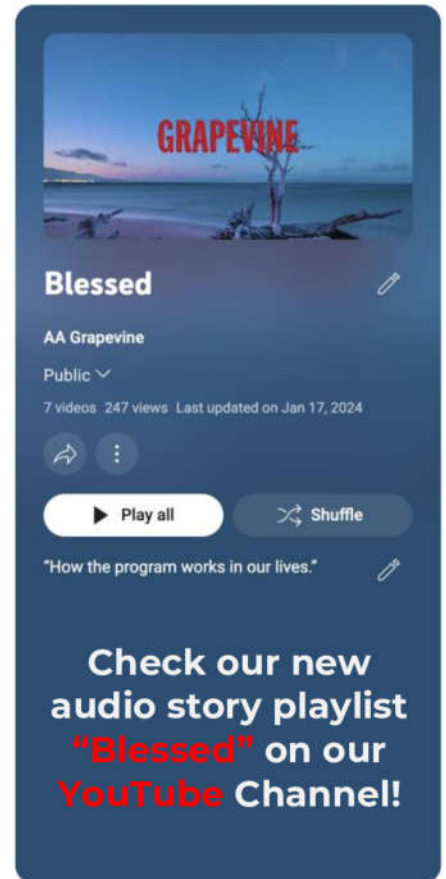
GRAPEVINE News



What's New For March 2024



You can now listen to "Prayer & Meditation"
New audiobook available [here!](#)



Check our new
audio story playlist
"Blessed" on our
YouTube Channel!



The 2024 AA Grapevine and La Viña Catalog
Is available for download only [click here!](#)



Is now available on
YouTube [click here!](#)

Area Chair / GVR Corner

Please let us know at EA@aagrapevine.org if your Area plans any virtual or face-to-face events.

To request Grapevine Complimentary materials, please download the request form www.aagrapevine.org/gvr-resources.



Grapevine Travel/Remote Events

March 1 – 3	PRAASA 2024	San Francisco, CA
March 15 – 17	SENY Convention	Westchester, NY
March 16	Area 36 Grapevine Workshop	Minnesota, MN/Virtual



If you attend area events we'd like to know!

Also, if you take anonymity-protected photos at events, we'd love to post them on the [GV Display Gallery](#).

Please send the information and photos to EA@aagrapevine.org



AAGrapevine.org

Make your plans and add your events to our online calendar at www.aagrapevine.org/share.

Grapevine is always looking for stories, photographs, and illustrations. Please visit www.aagrapevine.org/share to learn more about how you can participate with Grapevine. To listen to La Viña audio story (in Spanish), visit www.aalavina.org.

DID YOU KNOW?

In 1972, the Grapevine Conference Committee recommended that retiring delegates continue their service to A.A. by acting as Grapevine Representatives in their areas.

Need help with Customer Service?

Subscribers to Grapevine and La Viña
If you or someone you know is experiencing delivery issues, please email or call 1.800.631.6025 or 1.800.640.8781 (Spanish).

Email CustomerService@aagrapevine.org for English or Preguntas@aagrapevine.org for Spanish.

We are pleased to be of assistance.

35th Annual “FREEDOM FROM BONDAGE”

Area 51 A.A. Corrections Conference

March 8, 9 & 10, 2024

Friday Registration begins at 5:00 pm

Hampton Inn & Suites
200 Columbus Drive
Aberdeen, NC 28315



Registration for Conference
\$25

Online Registration:
<https://aanorthcarolina.org/35th-annual-freedom-from-bondage/>

Hotel Registration

Hampton Inn & Suites
200 Columbus Drive
Aberdeen, NC 28315

Room Reservations Group Code: **CHHFFB**
(910) 693-4330
or online: <https://bit.ly/35FFBHamptonInn>

Rate: \$116 Standard Room, \$136 Room with Suite
Cut-off for special room rate: February 9, 2024

Agenda

- ❖ Speakers
- ❖ Panels
- ❖ Workshops
- ❖ Area 51 Coordinator Displays
- ❖ Fellowship
- ❖ All the coffee you can drink!

For more information

Email: corrections@aanorthcarolina.org
(252) 908-0686

------(Cut here)-----

35th Annual Freedom from Bondage
Area 51 A.A. Corrections Conference
Registration rate \$25

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: (_____) _____

Email: _____

Area 51 2024 Virtual Preconferences

March 10, 2024 3pm-5pm

April 3, 2024 6pm – 8pm

Zoom Info

Meeting ID: 656 316 7536

Passcode: 924686

<https://us02web.zoom.us/j/6563167536?pwd=ZmZlY3dKZU5MNllhR0xydjFZK3RDQT09>

Topics Include:

AAGRAPEVINE
The International Journal of Alcoholics Anonymous

LA VIÑA



How Should We Treat A.A. Founders' Writings?

"Therefore we expect that our Conferences will always try to act in the spirit of mutual respect and love — one member for another. In turn, this sign signifies that mutual trust should prevail; that no action ought to be taken in anger, haste, or recklessness; that care will be observed to respect and protect all minorities; that no action should ever be personally punitive; that whenever possible, important actions will be taken in substantial unanimity; and that our Conference will ever be prudently on guard against tyrannies, great or small, whether these be found in the majority or in the minority. The sum of these several attitudes and practices is, in our view, the very essence of democracy — in action and spirit."

— A.A. Service Manual, page C-58 (Bill W. Commentary on Concept XII)

Questions?

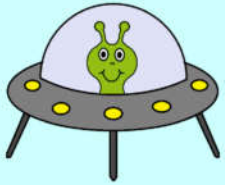
Contact

Julie R. Delegate

delegate@aanorthcarolina.org

Denise M. Alt Delegate

altdelegate@aanorthcarolina.org



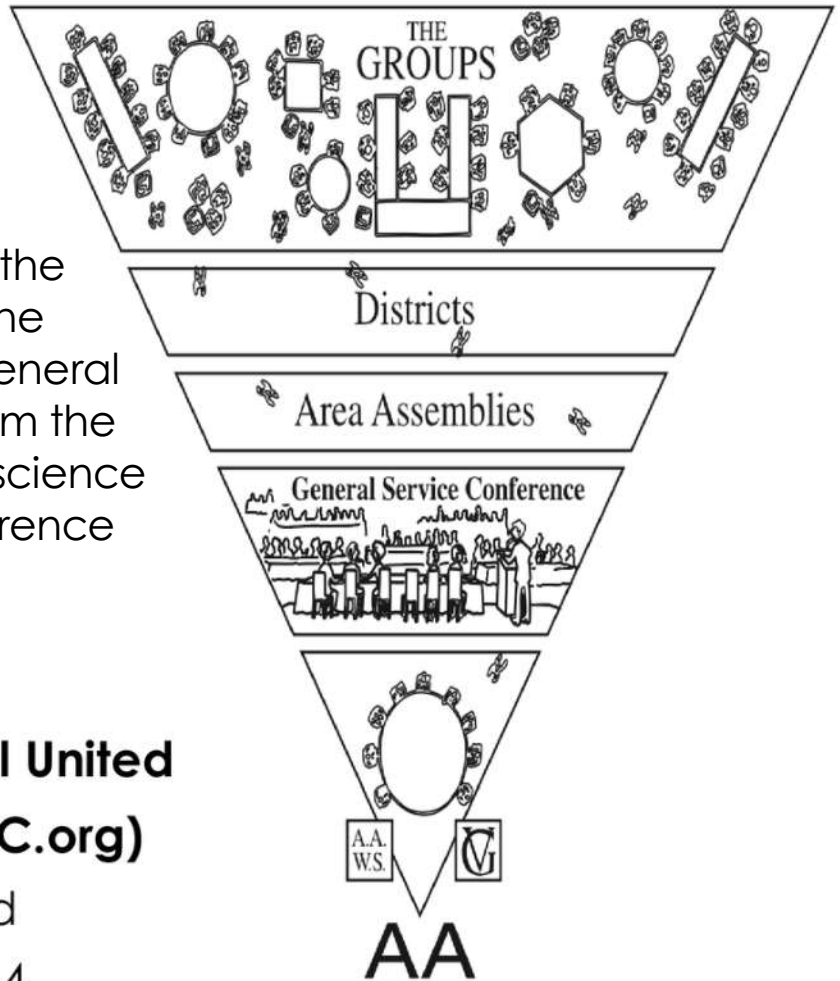
Area 51

2024 Western Pre-Conference
When - March 23 - 12 - 4 PM



The Pre-Conference is open to all AA members.

An opportunity to meet with the Delegate, Julie R., who represents the voice of our Area. We will discuss the agenda items of the upcoming General Service Conference to better inform the Delegate of the Area's group conscience before the General Service Conference convenes in New York.



Where: Myers Memorial United Methodist Church (UMC.org)

301S New Hope Rd
Gastonia, NC 28054

March 23, 2023 - 12:00 pm – 4:00 pm

Lunch provided

BBQ Contest

Hosted by District 12 & District 13

Questions? Contact Byron P - anonymouslyacquired@gmail.com or
Joe P - joseph.pata@icloud.com - 704-839-1585

Please bring Sides and/or Desserts to share - Sign Up Available



The Second Blue Ridge Roundup

April 4, 5, 6, 7, 2024

YMCA Blue Ridge Assembly • Black Mountain, North Carolina

Formerly the **KANUGA LAKE ROUNDUP**

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 room accommodations at the **Blue Ridge Center**. 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 Thursday. Registration opens at 3:00 pm.

COST: Blue Ridge Center

Arrive Thursday... \$405.00 per person (includes registration, room, meals, and brunch on Sunday a.m.) payable with your registration, minimum deposit of \$150.00 per person; balance on arrival

Private Rooms... \$510.00 based on availability

Arrive Friday... \$270.00 per person (includes registration, room, meals, and brunch on Sunday a.m.) payable with your registration, minimum deposit of \$100.00 per person; balance on arrival

Private Rooms... \$340.00 based on availability

COMMUTER REGISTRATION: Arrive Thursday... \$157.00 per person - includes all meals and brunch on Sunday a.m.

Arrive Friday... \$105.00 per person - includes all meals and brunch on Sunday a.m.

Please Note: There are limited Comuter Registrations available.

REGISTER NOW to be assured of acceptance. Due to the limited number of registrations first in, first accepted. Reservations must be made prior to March 22.

REFUNDS: All cancellations prior to March 22, 2024 are subject to a \$10.00 per person cancellation fee. No refunds will be made after March 22, 2024.

MORE INFORMATION OR QUESTIONS: Elizabeth P. - 919-880-4026 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

Shelley S..... Raleigh, NC
Felicia J..... Durham, NC
Mike M..... Frederick, MD
Lindy L..... Taylors, SC

REQUEST FOR RESERVATION

April 4, 5, 6, 7, 2024

Please check one:

Blue Ridge Center:

Arrive Thursday: \$405 per person Private: \$510

Arrive Friday: \$270 per person Private: \$340

Commuter Registration: (Limited Spots Available)

Arrive Thursday: \$157 per person

Arrive Friday: \$105 per person

Mail to: Blue Ridge Roundup

PO Box 10272 • Raleigh, NC 27605

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone No.: (____) _____

Email: _____

Name on Badge (s): _____



AA Convention with Al-Anon Participation



16th ANNUAL SPRING FLING CONVENTION

“Easy Does It”

April 19 - 21, 2024



Friday 6:00 p.m. BBQ & Washers

Friday 8:00 p.m. AA Speaker

Jennifer K. – Plano, TX

Friday 10:00 p.m. YP Speaker

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

Saturday 10:00 a.m.

Workshop

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

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

Catherine T. – Dallas, TX

Saturday 3:00 p.m. Speaker Panel

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

Saturday 6:30 p.m. BANQUET

Saturday 8:00 p.m.

Jason J. – Oregon City, OR

Sunday 9:00 a.m. Breakfast

Sunday 10:00 a.m.

Deb H. – Akron, OH

ACTIVITIES

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

SATURDAY
Banquet
Table Trivia
Speaker Panel
Games w/prizes
DJ & Dancing

Merchandising &
Marathon Meetings &
Activities Room Open
All weekend long

PLEASE REGISTER EARLY!!!

Hilton St. Louis Airport

Special Room Rate \$97

Mention Spring Fling code: **SPR**

Reserve before 3/20/24 for reduced room rate

10330 Natural Bridge Rd
St. Louis, MO 63134
314-426-5500

www.springflingstl.com

Spring Fling Chair – Susan B. 314-583-5296

Registration Chair – Liz C. 314-479-3560

springflingconvention@yahoo.com

FREE PARKING

To register, get information or sign up for Service: www.springflingstl.com

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	\$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 10-27-23

Cut-off for mail-in registration is April 12, 2024

STORY SOLICITATION

"Do You Think You're Different?" Pamphlet Update
Deadline for submissions: April 30, 2024

<https://app.smartsheet.com/b/form/5a77c27d179d4856b32eed86b01e3426>

The trustees Literature Committee is seeking stories from AA members with diverse backgrounds. This is in response to the 2022 Conference Advisory Action that the trustees' Literature Committee revise the pamphlet "Do You Think You're Different?" to update the stories to represent greater diversity.

The Trustees' Literature Committee requested that consideration be given to stories from multicultural populations, stories from A.A. members whose experience reflects multiple factors, and from diverse populations not addressed in other current A.A. literature.

Please encourage members in your area to write their personal stories for possible inclusion in the revised pamphlet "Do You Think You're Different." Stories should reflect "in a general way what we used to be like, what happened, and what we are like now."

The suggested format for typed manuscripts is 500-800 words, double spaced, in 12-point font. Handwritten manuscripts should be approximately 5 to 6 pages.

Please include your complete name, address, and email/phone information on the first page of your manuscript. A copy of your manuscript should be retained for your files.

The anonymity of all authors will be observed whether their story is selected for publication or not.

Instructions for submitting your manuscript:

Deadline: Please submit on or before **April 30, 2024**

Submit your story by following this link:

<https://app.smartsheet.com/b/form/5a77c27d179d4856b32eed86b01e3426>



Additional ways of sending your story:

Email: pamphletstories@aa.org

Subject Line: "Do You Think You're Different?"

Postal Mail: Attn. Literature Assignment, General Service Office, Box 459, Grand Central Station, New York, NY 10163

On the envelope: The word "Pamphlet" should be written on the envelope and at the top of the first page of the manuscript.

Thank you for your participation in the process!



WNC AA Tri-District Service Rally

*Alcoholics Into Action
Through Service*

Saturday, May 4th, 2024

**Covenant Community Church
11 Rocket Dr.
Asheville, NC 28803**

*A day of fellowship, fun, food, panels,
speakers, inspiration, education and service
opportunities galore!!!*

8am - Setup, coffee, danish
9:00 - Welcome
9:15 - Service Speakers Group
10:15- Break
10:45- Group 2
11:45 - Lunch
12:30 - Group 3
1:15 - Speaker
2:00 - Wrap Up, Q&A, signups
2:30. - Adjournment/Clean up

*Want to volunteer to
help at the event?
Text George @
(601) 310-6699*





Carolina del Norte del Oeste AA Tri-Distrito Rally de Servicio

**Alcoholicos en accion a traves del
servicio**

Sabado, Mayo 4, 2024

**Covenant Community Church
11 Rocket Dr.
Asheville, NC 28803**

*Un dia divertido de companerismo, comida,
paneles, oradores, inspiracion, educacion, y
abundancia de oportunidades de servir*

8am - Establecer, Café y Danish

9am - Bienvenida

9:15 - Servicio grupo 1

10:15 - Descanso

10:45 - Grupo 2

11:45 - Almuerzo

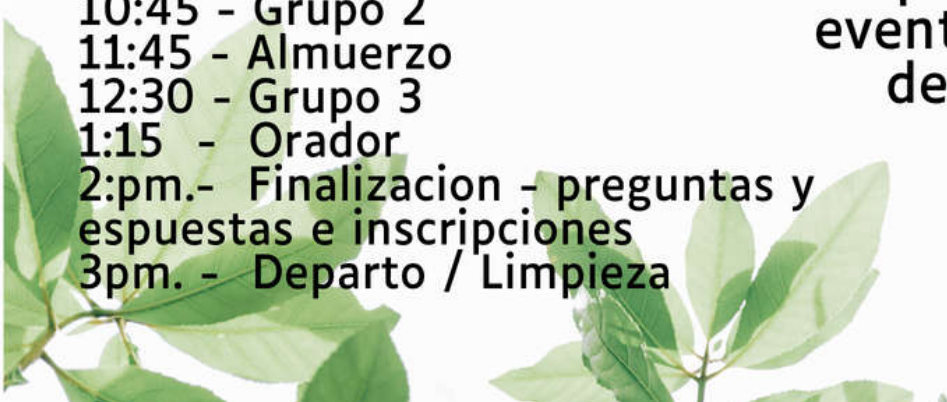
12:30 - Grupo 3

1:15 - Orador

2:pm.- Finalizacion - preguntas y
espuestas e inscripciones

3pm. - Departo / Limpieza

**Si quieres ser voluntario
para ayudar para el
evento, manda un mensaje
de texto a George @
(601) 310-6699**



FIRESIDE SOBRIETY CIRCLE



STRENGTH

KINDNESS

HONESTY

SHARING



CAMPOUT

May 9-12, 2024

**YOGI in the SMOKIES CAMPGROUND
BIG COVE ROAD, CHEROKEE, NC**

Bring your CHAIRS, CAMPING GEAR, WARM CLOTHES & BLANKETS, SPONSORS/SPONSEES...and your POW WOW REGALIA!

Contact: Herb W. at 828-506-8563 or firesidesobriety@gmail.com

Registration begins *Thursday after the Sacred Fire is lit!*

NO PETS in Food Serving/Eating Area, Pow Wow, or Sacred Fire Areas

NO PETS AT TENT SITES

- ~NA/AA/Al-Anon Speakers~
- Talking Circles ~ Native Teachings
- ~Meetings, Meetings, Meetings~
- ~T-shirts/Long sleeve shirts~
- ~SOBRIETY Pow Wow~
- ~Sobriety Countdown~
- "MUCH MORE"

PRE-REGISTRATION: \$55/PERSON (kids under 10 are FREE, 11-12y/o \$15, 13-18y/o \$20). \$60 at the Gate. Price includes breakfast and dinner and tent/camper site for three (3) nights. Lunch is on your own.

EARLY REGISTRATION ENDS May 3rd

NAME(S): _____

ADDRESS: _____

EMAIL(S): _____ / _____

PHONE #: H) _____ (C) _____ (C) _____

In Party: _____ Amount Enclosed: _____

Cut & Mail Registration Form by May 3rd
With Checks Made Payable to: Fireside Spring 2024

FIRESIDE CIRCLE
C/O Herb Wachacha
PO Box 2015
Cherokee, NC 28719

Area 51 Spring Committee & Assembly Meeting

May 17-19, 2024

LAKE JUNALUSKA CONFERENCE & RETREAT CENTER

91 North Lakeshore Drive, Lake Junaluska, NC 28745

ADVANCE HOTEL INFORMATION

Deadline for Reservations: Wednesday, April 17, 2024

Group Name: NCGSCAA Assembly Meeting

Link: <https://tinyurl.com/2tjuajbr>

Terrace Hotel Room Rates: \$152.00 Single/Double, \$172.00 Triple, \$192.00 Quad

Lambuth Inn Room Rates: \$132.00 Single/Double, \$147.00 Triple, \$162.00 Quad

11% room tax will be added.

PLEASE SEE THE BACK FOR INFORMATION ABOUT THE DIFFERENT LOCATIONS AND THE MEAL PLAN

Phone: 800-222-4930, ext. 1

Website: www.lakejunaluska.com

For Best Results:

- PLEASE MAKE YOUR RESERVATIONS EARLY!!!
- Call as soon as possible but before the deadline. It's easier to cancel a reservation than to get one at the last minute!
- Please note, once the rooms in our block sell out, it's unlikely there will be other rooms left in the hotel.
- Specify the group name "NCGSCAA Assembly Meeting."
- 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.

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

Additional Information for our stay at Lake Junaluska:

- The Terrace Hotel is across the street from our meeting venue in the Harrell Center; the Lambuth Inn is farther away. It is a 10- to 15-minute walk between Lambuth and Harrell, involving a long hill. There is a trolley and a mini shuttle.
- **Optional Meal Plan:** If you would like to eat on site, there is a meal plan available. The options are: 3 meals for \$49.50 + tax/service fees (Sat Lunch, Sat Dinner; Sun Breakfast) or 5 meals for \$82.50 + tax/service fees (Fri Dinner; Sat Breakfast, Lunch, Dinner; Sunday Breakfast). You will need to order the meal plan when you make your reservation. There will not be tickets available onsite the weekend we are there.
- **Check in/Check out:** Check in will be available at 4:00 PM on the arrival day at the **Bethea Welcome Center located at 91 N Lakeshore Drive** (first building on your left as you enter from Highway 19); check out will be at 11:00 AM on the departure day.
- The discounted room rates are available for two days pre and post our event, based on availability, if you would like to plan a long weekend in the mountains.
- **Commuters:** For people attending our meeting, but not staying at Lake Junaluska, there is a \$5.00 per person per day commuter fee.
- **Cancellations:** There will be a \$15.00 per person charge for cancellations occurring more than 15 days prior to arrival. No refunds will be given for cancellations occurring within 15 days of arrival.

Why staying at our host hotel is important:

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, our meeting space is *discounted about 70%*. Otherwise, the Area will be charged for rooms until we reach the 80% threshold. 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. But budget hotels don't have the kind of meeting space we require, and space in larger venues 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. If there is an extra cost, please consider it as a contribution to Area 51—a small sacrifice for our “common welfare,” so we can 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!

7TH ANNUAL

WESTERN NORTH CAROLINA COMMITTEE OF YOUNG PEOPLE IN AA

WNCCYPAA

CAMPOUT

MEMORIAL DAY WEEKEND
MAY 24-26, 2024

FRIDAY @ 4PM - SUNDAY @ 11AM

BRIAR BOTTOM GROUP CAMPSITE

50 BLACK MOUNTAIN CAMPGROUND RD

BURNSVILLE, NC 28714

BONFIRE MEETINGS • SCAVENGER HUNT • GLOW RAVE CAPTURE-THE-FLAG • YOGA
CIGAR CIRCLE • ULTIMATE FRISBEE • MAFIA & OTHER GAMES • DINNERS INCLUDED
WATERFALL & RIVER ACCESS • ON-SITE BATHROOMS & SHOWERS



SATURDAY NIGHT SPEAKER MEETING: GABBY J. FROM SERCYPAA HOST

PRE-REGISTER FOR \$25



AVLYPAA.COM



QUESTIONS? EMAIL: ASHEVILLEYOUNGPEOPLE@GMAIL.COM

• Registration payment
taken with Venmo

• Program & FAQ info will be
emailed the week before

• Please remember to
fill out Google form

District 71 Third Annual Founders' Day Picnic

**Sunday, June 9, 2024
11 am to 4 pm**

Shelter # 4, Jackson Park, Hendersonville

Please join us for fellowship, food and fun!

(By now, our chefs are experts at the grill!)

Food and drinks, chips and condiments will be provided.

Please bring a dish or something to share.

There will be a Central Office table.

Special Guest Speaker.

Picnic tables on site but extra chairs are always needed.

If so inspired, bring a musical instrument, Frisbee or game to play!

Hot dogs

Soft Drinks provided!

Hamburgers



Questions or to volunteer, contact Ellen O. at 732-245-6644
or Rachel D. at 310-429-3137

JUL* 4-7* 2024

JW MARRIOTT AUSTIN

110 E 2nd St. Austin, TX 78701

THE 64TH **ICYPAAUSTIN** TEXAS

INTERNATIONAL CONFERENCE OF YOUNG PEOPLE IN AA

PRESENTS:



**ERA OF
CHANGE**



← BOOK ROOM



REGISTER TODAY →



www.the64thicypaa.org

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.

For updated information, visit the website: <https://www.aa.org/international-convention>