

# Mountain December 2024

# Doings

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

## Cup Cup & Away!

by Alex W. - Durham, NC

*Full of self-pity and scorn and wanting a drink, he had never been so grateful about picking up the phone.*

I had never been closer to a drink in my year and a half of sobriety as I was that day. I had worked the Steps and sponsored other men. I attended meetings and maintained active relationships within our Fellowship, but something was still missing. And that day I needed help.

I was suddenly single for the first time in my sobriety and had also just found out that I wasn't accepted into a graduate program I had applied for. I felt rejected by my dream school and by my dream woman all at once. My mood oscillated between heartbreak and apathy, self-pity and scorn. I was desperate.

I reached out and called an "elder statesman" who had always extended a loving and tolerant hand when anyone asked. I was on my way to an AA meeting when I spoke to him and he suggested what then seemed like a novel idea: "Try to help someone else when you get there," he told me. "See if you can be of service, even if it's only washing coffee cups." To be honest, the idea seemed ludicrous, but I was desperate to avoid the hell of drinking again and so I became willing.

I felt insane when I walked into that AA meeting. The chatter of a thousand monkeys was raging in my sick alcoholic head. I even shared during the meeting and listened to others. But when I got up from the couch for the closing prayer, the thought that a drink would solve all my problems was very loud and drowning out every voice of sanity and reason. *(continued on page 5)*



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

(828) 254-8539  
24/7

info@ncmco.net  
aancmco.org



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## Central Office Positions Open in January

The Central Office General Committee (CORs and Board members) will be electing new Board members for 2-year terms beginning in January 2025: Chairperson, Alternate Chairperson, Secretary, Treasurer, and 12th Step Call Coordinator.

Here are the responsibilities and requirements for each position:

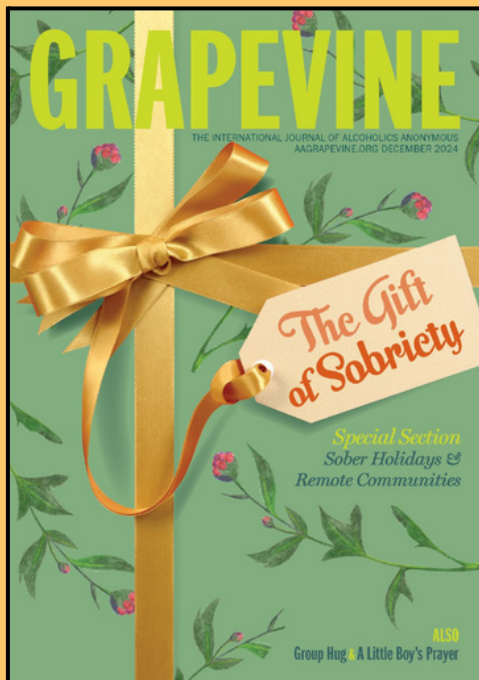
### Chairperson

1. Shall preside at Central Office Board and 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 Central Office Board and General Committee meetings in accordance with Robert's Rules of Order for Small Groups as specified in the By Laws.
6. Shall have five years continuous sobriety.

*(continued on page 5)*

# December Grapevine now available!

## Remote Communities and Sober Holidays



This month's featured section is "Remote Communities and Sober Holidays," with helpful stories by members who have a difficult time reaching AA and members who help them through service. Also included are some wonderful Sober Holiday stories.

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



## After-hours Phone Volunteers Needed

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



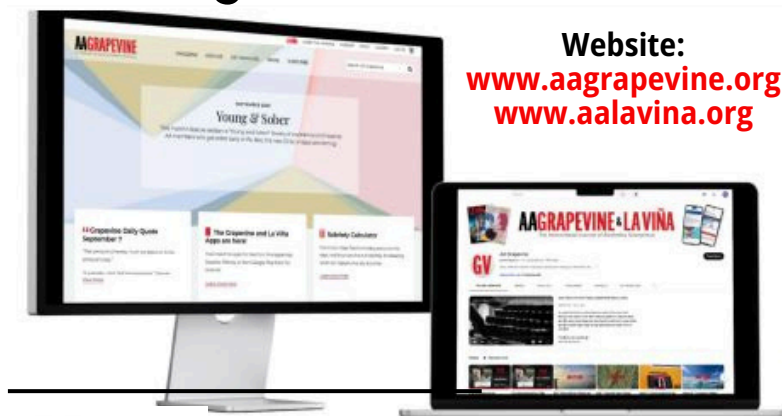
Information can be found at:

<https://aancmco.org/index.php/about-nmco/service/>

(scroll down to "After-hours Phone Volunteer")

Or call Central Office at (828) 254-8539.

## Grapevine, Inc: Digital Publications



Website:

[www.aagrapevine.org](http://www.aagrapevine.org)  
[www.aalavina.org](http://www.aalavina.org)

YouTube:

[@aagrapevine](https://www.youtube.com/@aagrapevine)

Instagram:

[@alcoholicsanonymous\\_gv](https://www.instagram.com/alcoholicsanonymous_gv)  
[@alcoholicosanonimos\\_lv](https://www.instagram.com/alcoholicosanonimos_lv)

Podcast:

AA Grapevine



## Call & Visitor Log October 2024

12 Step Calls – 8  
General Info – 2  
Family Help – 0  
Meeting Info – 56  
Central Office Business – 107  
Medical/Detox – 0  
Visitors – 27  
After-hours calls – 96



Visits to [aancmco.org/](http://aancmco.org/) website:  
Unique Visitors – 11,117  
Total Visits – 21,641; Visits/Visitor – 1.95  
Total Pages – 66,613; Pages/Visit – 3.03



# 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 (Central Office Representatives) may vote so we encourage your group to elect a COR. Your input is important to us!

In January, Central Office will be electing the following Board members: Chairperson, Alternate Chairperson, Secretary, Treasurer and 12th Step Call Coordinator. See page 1 for the responsibilities and requirements of each position. Anyone interested in volunteering for a position is encouraged to attend the COR/Board meeting in January.

The next COR/Board meeting will be

**Thursday, January 9, 6:00pm,**

via Zoom: Meeting ID: 757 855 2319

Passcode: 000000

For updated meeting information and Zoom link, check the website:

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



## Where to Find Meetings

Printable In-person Meeting Guide



Meetings in all 3 Districts



Meetings in District 70



Meetings in District 71



Meetings in District 80



## Cash on Hand as of 10/31/2024

Prudent Reserve  
\$16,149.27

Operating Account  
\$11,509.89

Rent Deposit - \$900.00

Petty Cash - \$50.00

# Profit & Loss YTD

	Oct 2024	Jan-Oct, 2024 (YTD)
<b>Revenue</b>		
<b>Contributions</b>		
Birthday Contributions		\$71.88
Group Contributions	\$2,245.20	\$29,839.85
Individual Contributions	\$369.18	\$1,435.02
Subscriptions		\$0.00
<b>Total Contributions</b>	<b>\$2,614.38</b>	<b>\$31,346.75</b>
Interest on Money Market	\$1.37	\$13.46
<b>Sales Income</b>		
Literature & merchandise	\$1,418.35	\$21,623.55
Shipping charged to groups	\$44.49	\$429.68
<b>Total Sales Income</b>	<b>\$1,462.84</b>	<b>\$22,053.23</b>
<b>Total Revenue</b>	<b>\$4,078.59</b>	<b>\$53,413.44</b>
<b>Cost of Goods Sold</b>		
Cost of Goods Sold		\$11.00
<b>Credit Card Processing</b>		
PayPal Fee	\$12.38	\$233.43
<b>Total Credit Card Processing</b>	<b>\$12.38</b>	<b>\$233.43</b>
Freight - vendor shipping	\$31.29	\$363.60
Literature & merchandise	\$1,228.93	\$17,669.79
Shipping to groups	\$52.01	\$431.34
<b>Total Cost of Goods Sold</b>	<b>\$1,324.61</b>	<b>\$18,709.16</b>
Inventory Shrinkage		\$456.11
<b>Total Cost of Goods Sold</b>	<b>\$1,324.61</b>	<b>\$19,165.27</b>
<b>Gross Profit</b>	<b>\$2,753.98</b>	<b>\$34,248.17</b>
<b>Expenditures</b>		
Bank Service Charges		\$49.22
Event Expenses		\$957.30
Insurance Expense	\$605.00	\$605.00
Office Supplies	\$76.44	\$580.83
<b>Payroll Expenses</b>		
Gross Salary	\$2,100.00	\$16,105.00
Payroll Taxes (Company)	\$161.38	\$1,232.85
<b>Total Payroll Expenses</b>	<b>\$2,261.38</b>	<b>\$17,337.85</b>
Reconciliation Discrepancies		-\$22.87
Rent	\$900.00	\$8,078.00
Stamps/Postage		\$20.20
<b>Telephone &amp; Internet</b>		
Office Telephone/Internet	\$89.14	\$1,045.85
Virtual Meetings	\$15.99	\$159.90
Web Expenses		\$271.82
<b>Total Telephone &amp; Internet</b>	<b>\$105.13</b>	<b>\$1,477.57</b>
<b>Total Expenditures</b>	<b>\$3,947.95</b>	<b>\$29,083.10</b>
<b>Net Operating Revenue</b>	<b>-\$1,193.97</b>	<b>\$5,165.07</b>
<b>Other Expenditures</b>		
Special Projects		\$675.00
<b>Total Other Expenditures</b>		<b>\$675.00</b>
<b>Net Other Revenue</b>		<b>-\$675.00</b>
<b>Net Revenue</b>	<b>-\$1,193.97</b>	<b>\$4,490.07</b>



Group Contributions:	Oct 2024	YTD
12 & 12 Study Group - 000090348	\$50.00	\$175.00
Acceptance Group 000092265		\$2,118.40
Agnostics Atheists Free Thinkers Group - 000092498		\$750.00
All In Group-Waynesville - 000355928		\$204.00
As Bill Sees It Group (Franklin) - 000093648	\$40.00	\$130.00
Back To Basics Group - 000094453		\$100.00
Big Town Group - 000096080	\$225.85	\$640.85
Black Mountain Group - 000096165		\$75.00
Brevard AA Online - 000453800		\$474.93
Brevard Men's Group - 000096757		\$120.00
Brevard Serenity Group - 000096758		\$258.36
Bryson City Group - 000097273		\$90.00
Burnsville Group - 000235484		\$195.00
Candler K.I.S.S. Group - 000098073	\$79.00	\$330.50
Cashiers Valley Group - 000098360		\$604.81
Cedar Mountain Group - 000098480		\$94.00
Common Sense Group - 000099801		\$400.00
Conscious Contact Group - 000099980		\$1,723.33
Cullowhee Valley Group - 000100669		\$200.00
Cumberland Group - 000100676		\$50.00
Daily Decisions Group - 000100743		\$1,574.10
Day By Day Group - 000101059		\$275.67
Fellowship Group (Fletcher) - 000104116		\$545.81
Good Livers Group - 000107590		\$200.00
Grace Group (Asheville) - 000107789		\$486.98
Hendersonville Group - 000110033	\$750.00	\$1,500.00
Hendersonville Happy Hour Grp - 000110034	\$100.89	\$100.89
Hendersonville Men's Group - 000044576		\$250.00
Hendersonville Midday Group - 000110035		\$615.00
H'ville Women's Big Book Step Study Grp - 000110036		\$460.27
Hey Girl, Surrender Group - 000392207		\$182.00
It's In the Book Group - 000260106	\$150.00	\$450.00
Joy Of Living Group - 000112527	\$241.06	\$584.12
Lambda Group - 000007190		\$138.01
Leicester Group - 000009461		\$125.00
Liars Club	\$71.00	\$537.00
Library Group - 000010602		\$82.00
Lost and Found Group 000427291		\$182.00
Love & Tolerance Group - 000015029		\$100.00
Mars Hill Group - 000017945		\$238.25
Marshall Group - 000017982		\$75.00
Men's Attitude Adjustment Group 000020095		\$244.10
Micaville 12 & 12	\$20.00	\$20.00
Mountainview Group - 000027730	\$35.40	\$421.36
Newcomers Group - Flat Rock		\$80.00
New Freedom Group - 000032374		\$175.00
Noontime Big Book Study Group - 000409637		\$72.17
One Day At A Time Group - 000385292		\$20.00
Phoenix Group - 000049062		\$371.78
Pine Grove Group		\$100.00
Pisgah (National Park) Group - 000049661		\$100.00
Practicing Principles Group - 000051260		\$170.02
Recovery By The River Group - 000055540		\$417.81
Round Table Group - 000059337	\$36.00	\$111.00
Safe And Sound Women's Group - 000060517		\$299.80
Saturday Morning Men's Meeting		\$450.00
Second Chance Group-Cherokee - 000066053		\$131.82
Serenity Now Group - 000068035		\$400.00
Serenity Service Group - 000068387		\$478.43
Sober Sisters Group (Blk Mtn) - 000073208		\$250.00
Sober Sisters Group (Burnsville) - 000460489		\$275.00
Sober Sisters Group (Flat Rock) - 000073208		\$1,171.30
Solutions Group - 000074739		\$222.51
South Asheville Literature Group - 000075329		\$100.00
Speed Bump Group - 000053487	\$306.00	\$952.00
Spiritual Fitness Group - 000076890		\$75.00
Spiro (OK) Group - Thank you!	\$40.00	\$40.00
Spruce Pine Group - 000077533		\$250.00
Spruce Pine Saturday Morning Group - 000379649		\$229.00
St John in the Wilderness Early Bird Grp - 000078454		\$336.00
The Open Meeting Group - 000418805		\$417.50
The Out To Lunch Bunch Group - 000408968	\$100.00	\$450.07
Three Legacies Group - 000006439		\$200.13
Total Surrender Group - 000010020		\$132.00
Tuesday Night Men's Group - 000013982		\$395.50
Waynesville Grace Group - 000022141		\$1,508.30
We Think Not Group - 000025928		\$60.00
West Asheville Women's Group		\$450.00
Women of Courage Group - 000036989		\$582.00
Young People's Group - 000042150		\$286.00
Journal Entry - ADJUSTMENT (One time)		-\$42.39
Miscellaneous/Anonymous Contribution		\$0.36
<b>Total Group Contributions:</b>	<b>\$2,245.20</b>	<b>\$29,839.85</b>

# Contributions

Individual Contributions:	Oct 2024	YTD
Anonymous	\$84.18	\$259.02
Annie D.	\$10.00	\$10.00
Ellen O.		\$25.00
Ken		\$20.00
Marsha S.		\$365.00
Priscilla H.		\$6.00
Shannon K.	\$25.00	\$250.00
Stephanie D.	\$250.00	\$250.00
Wendy M.		\$200.00
In Memory of B.G.		\$50.00
<b>Total Individual Contributions:</b>	<b>\$369.18</b>	<b>\$1,435.02</b>

Birthday Contributions:	Oct 2024	YTD
Brian L.		\$32.88
Sandra F.		\$39.00
<b>Total Birthday Contributions:</b>	<b>\$0.00</b>	<b>\$71.88</b>

**Total Contributions: \$2,614.38 \$31,346.75**

Note: If you think there is a contribution missing from your group total, please let us know. We try our best to get donations listed correctly, but we do make mistakes sometimes and list a donation under the wrong group. As always, we thank you all - AA groups and individual members - for your generous support!

## Suggestions & Addresses for Sending Donations to the A.A. Service Structure\*

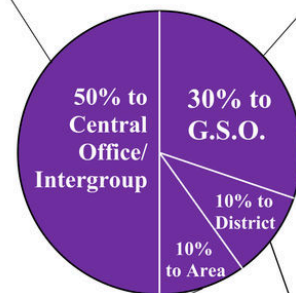
Revised for 2024

**NOTE: New Suite Number for NCMCO!**

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

**NCMCO**  
70 Woodfin Place  
Suite 212  
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**  
PO Box 427  
Sylva, NC 28779



# Central Office Positions

## Open in January *(continued from page 1)*

### Alternate Chairperson

- 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.
- Shall have at least five years continuous sobriety.

### Secretary

- Shall take minutes of all General Committee and Central Office Board meetings and submit to the Central Office within 14 days after the meeting.
- Shall have at least five years continuous sobriety.

### Treasurer

- Shall have charge and custody of all funds of Central Office.
- Accuracy of all financial records of Central Office.
- Arrange for preparation and filing of all required tax returns.
- Preparation of an annual financial report and an annual budget.
- Preparation and presentation of monthly financial report to the Central Office Board and General Committee.
- Shall have at least five years continuous sobriety.

### 12th Step Call Coordinator

- Shall have responsibility for maintaining the 12th Step Call Volunteer list.
- Recruits new volunteers.
- Work with the Office Manager to keep the 12th Step Call Volunteer list information current.
- Shall have at least three years of continuous sobriety.

(The Board will also be looking for a new *Mountain Doin's* Editor as the current Editor's suggested 3-year term has ended. This is a Board-appointed position.)

If you are interested in volunteering, please attend the next COR/Board meeting, **Thursday, January 9, at 6:00pm**, via zoom. For updated meeting information and Zoom link, check the website: <https://aancmco.org/index.php/events/>

Questions? Contact Central Office: (828) 254-8539; [info@ncmco.net](mailto:info@ncmco.net)

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## Cup Cup & Away! *(continued from page 1)*

Luckily, the chair had asked for volunteers to help clean up and somehow I heard that. So I volunteered to wash, yes, the coffee cups, even if only as a last-ditch effort before I left to go drink, just so I could say I had tried everything.

Amazingly, as I washed those dirty coffee cups something happened, something which gives me goosebumps to this day. When I walked away from the sink that day, my sanity had been restored. I can't explain why or how it happened. The man with a thousand monkeys raging who walked up to that sink of dirty coffee cups had been a complete slave to his mental obsession. But somehow, some way, as I washed those cups, I now believe my Higher Power washed the obsession away. That guy I called was right. My willingness to be of service was all it took.



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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.**



**Area 51 Accessibility Workshop Series – Episode 2. Sunday, December 1, 3:00-5:00pm.** Safety and Inclusion. Sobriety after the age of 60: Viewpoints from a newcomer and an old-timer. Presented online. Meeting ID: 810 8473 3417; Passcode: 924686. See flyer for more details.

**4th Annual Women's Holiday Celebration for Recovery! Sunday, December 1, 6:00-8:00pm.** Hosted by the Wednesday 8:15 Women's AA BYOC (Bring Your Own Coffee) Group and Friends. Doors open at 6:00pm for fellowship, and the meeting starts at 7:00pm. First Congregational United Church of Christ, 20 Oak Street, Asheville NC 28801. (Entrance at double glass doors on Oak Street.) See flyer for more details.

**Southeast Regional Forum. December 6-8.** Golden Nugget, 151 Beach Blvd, Biloxi, MS 39530. For more information see flyer or visit the website: <https://www.aa.org/event/2024-southeast-regional-forum> Questions? Contact Rita N, Forum Committee Chair: (731) 445-4601; [ezduzit83@yahoo.com](mailto:ezduzit83@yahoo.com)



**Christmas Celebration at AVL 12 Step Clubhouse. December 25.** Food and Fellowship from 1:30pm to 6:00pm; Meetings at 12:30pm, 3:00pm, 6:00pm. Please bring a covered dish, friends & family. AVL 12 Step Club, 1 Kenilworth Knolls, Unit 4, Asheville NC 28805

**Southern States Women's Conference. January 24-26.** Hyatt Riverfront Jacksonville, 225 E Coastline Dr, Jacksonville, FL 32202. For more information visit their website: <https://southernstateswomensconference.org/>



**61st International Women's Conference. January 30 - February 2.** Manchester Grand Hyatt, 1 Market Pl, San Diego, CA 92101. For more information see flyer or visit their website: <https://internationalwomensconference.org/>



**36th Annual "Freedom from Bondage" Area 51 A.A. Corrections Conference. March 21-23.** Hampton Inn & Suites, 200 Columbus Dr, Aberdeen, NC 28315. Registration opens at 2:00pm. For Online Registration and link for Hotel Reservation go to: <https://aanorthcarolina.org/36th-annual-freedom-from-bondage/> For more information see flyer, or contact Area 51 Corrections Chair: [corrections@aanorthcarolina.org](mailto:corrections@aanorthcarolina.org)



**Western North Carolina Pre-Conference Assembly. Saturday, March 29, 12:00-4:00pm.** Hosted by District 70, 71 & 80 and NCMCO. A sharing session to give A.A. groups and members the opportunity to discuss and provide input to our state delegates on the agenda items to be acted on at the 2025 AA General Services Conference. More details to follow in the next few months.

**2025 International Convention. July 3-6, 2025.** Vancouver Convention Centre and BC Place Stadium, Vancouver, British Columbia, Canada. Registration Opens September 10, 2024 (Noon EDT) For more information, visit the website: <https://www.aa.org/international-convention>



**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\\_Box\\_459\\_2024\\_Fall\\_0.pdf](https://www.aa.org/sites/default/files/newsletters/F-36_Box_459_2024_Fall_0.pdf)



# The Service Express

## District 70

**GSR Business Meeting** – held the 2nd Sunday of the month. There is no meeting in December; the next meeting will be **Sunday, January 12, 2:30pm**. It will 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. 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? Contact Scott at [access@ashevilleaa.org](mailto:access@ashevilleaa.org) for an Accessibilities Checklist. The Accessibilities Committee meets the first Monday of every month at 7:00pm. For zoom link go to: <https://ashevilleaa.org/event/accessibilities-committee-meeting-zoom-19/>

**Archives Committee** – Chairperson is Dennis H. The Archives Committee needs 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). The Archives Committee meets the first Saturday of every month at 2:00pm. For Zoom link go to: <https://ashevilleaa.org/event/archives-committee-meeting-zoom-10/>

**CPC/PI Committee** – Chairperson is George M. 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 at [cpc-pi@ashevilleaa.org](mailto:cpc-pi@ashevilleaa.org).

**Corrections Committee** – Buncombe County Detention Center restarted meetings in mid-October. No word on Yancey County yet, but WCCW, Black Mountain, and Craggy are bringing their inmates back soon; timing of restarting programs / meetings is currently unknown. As expected, because of the hurricane, some volunteers are no longer available to help so there will be a need for more volunteers soon. Stay tuned for updates and information on upcoming orientations. Beginning in January, Liz P will be the new Women's Corrections Chair and the Men's Corrections Chair position is open. Reach out if you are interested in volunteering with Corrections. Contact Tammy Z, the current Women's Corrections Chair, at [corrections\\_women@ashevilleaa.org](mailto:corrections_women@ashevilleaa.org) or Mitch R, the current Men's Corrections Chair, at [corrections\\_men@ashevilleaa.org](mailto:corrections_men@ashevilleaa.org)

**Literature and Grapevine Committee** – Chairperson is Annie McN. She can be reached at [literature@ashevilleaa.org](mailto:literature@ashevilleaa.org). 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.

**Technology Committee** – Chairperson is George. If anyone is having trouble getting a hybrid meeting going or having technical issues, please reach out to George at [cpc-pi@ashevilleaa.org](mailto:cpc-pi@ashevilleaa.org) and he can offer support.

**Treatment Facilities Committee** – Chairperson is Kyle J. 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. The Treatment Committee meets the last Sunday of every month at 7:00pm. For zoom link go to: <https://ashevilleaa.org/event/treatment-committee-meeting-zoom-21/>

## District 70 - continued

**“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. The Chairperson is Tom W; he can be reached at [bridgingthegap@ashevilleaa.org](mailto:bridgingthegap@ashevilleaa.org). They still need a Co-chair. 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](http://www.btgww.org)



## District 71

**GSR Business Meeting** – held on the 2nd Saturday of the month. The next meeting will be **Saturday, December 14, 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 service opportunities with Bridging the Gap, and they need more volunteers for meetings at the Henderson County jail. Several positions that were open have been filled. They have an acting Alt DCM, but anyone willing to serve is welcome to volunteer. And they still need a CPC/PI Coordinator. There is also a need for an Events Coordinator in 2025. If you have any questions or would like to volunteer, contact Alan, the District 71 DCM, through the website: <https://www.nc71.org/contact>



## District 80

**GSR Business Meeting** – held quarterly. The next meeting will be on **Sunday, January 5, 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 zoom system; the password and sign on information will be emailed to participants 30 minutes before the meeting. Check their website for meeting updates and links: <http://aawnc80.com>



The **AA Mountain Intergroup** is located in Blairsville, GA, and serves the communities in Southwestern North Carolina and North Georgia. For more information and upcoming events see their website: <https://aamountainintergroup.org/> or call: (706) 400-5531

## 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

Judy C.	12-10-1988	36 yrs
Cathy C.	12-11-2017	7 yrs
Don S.	12-13-1993	31 yrs
Bill W.	12-13-2019	5 yrs
Jack B.	12-14-1982	42 yrs
Mark F.	12-15-2022	2 yrs
Nick M.	12-19-2016	8 yrs
Perry C.	12-20-1986	38 yrs
Tom G.	12-22-2002	22 yrs

## All In Group - Waynesville

Laura A.	12-10-2004	20 yrs
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## Back to Basics Group - Weaverville

Steve R.	12-11-2018	6 yrs
Stacie S.J.	12-14-2019	5 yrs
Tom H.	12-19-1975	49 yrs
Mary M.	12-30-2020	4 yrs

## Black Mountain Group

Carolyn B.	12-17-1993	31 yrs
Dean F.	12-18-2006	18 yrs
Bill C.	12-24-1989	35 yrs
Hans P.	12-26-2015	9 yrs
Jeff H.	12-31-2016	8 yrs

## Candlelight Group

Matt H.	12-31-2015	9 yrs
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## Conscious Contact

Mitch A.	12-13-2018	6 yrs
Margaret Grace A.	12-21-2020	4 yrs

## Cumberland Group

Joey K.	12-08-2008	16 yrs
Lynne K.	12-16-2008	16 yrs
Gene K.	12-22-1986	38 yrs

## Daily Decisions Group

Karen C.	12-02-2022	2 yrs
Mickey S.	12-09-2019	5 yrs
Caleb T.	12-26-2019	5 yrs
Rick P.	12-30-1998	26 yrs

## Fellowship Group

Alan H.	12-03-2022	2 yrs
Stan B.	12-09-1976	48 yrs
Thomas R.	12-12-2022	2 yrs
George K.	12-14-1971	53 yrs
Rob C.	12-23-2022	2 yrs
Bill R.	12-24-2022	2 yrs
Mike H.	12-25-2022	2 yrs
Randine A.	12-26-2017	7 yrs
Taylor S.	12-31-2022	2 yrs

## Good Livers Group

Doug M.	12-01-1985	39 yrs
Jon P.	12-23-2003	21 yrs



## Grace Group

Jim H.	12-01-1982	42 yrs
Bill C.	12-07-1987	37 yrs
Annie M.	12-09-2020	4 yrs
Jonathan L.	12-09-2020	4 yrs
Judy H.	12-10-1988	36 yrs
Barbara K.	12-10-2018	6 yrs
Rebecca B.	12-10-2019	5 yrs
Bob W.	12-15-1985	39 yrs
Carter M.	12-17-2006	18 yrs
Sarah M.	12-23-2021	3 yrs
Carol N.	12-28-2010	14 yrs

## Hendersonville Group

Patty W.	12-01-2007	17 yrs
Dylan I.	12-04-2022	2 yrs
Keith R.	12-05	
MaryJo L.	12-08-2000	24 yrs
Cat D.	12-20-2022	2 yrs
Chris K.	12-25-1985	39 yrs
Nik P.	12-29-2022	2 yrs

## Hendersonville Men's Group

Joe B.	12-09-1989	35 yrs
John O.	12-14-2018	6 yrs
Robert K.	12-15-2016	8 yrs
Tom G.	12-20-2016	8 yrs
Rick A.	12-22-2019	5 yrs
Ron S.	12-24-2015	9 yrs
Steve W.	12-27-1998	26 yrs

## Lambda Group

Gretchen M.	12-25-2020	4 yrs
George M.	12-26-2017	7 yrs
Mark L.	12-27-2014	10 yrs
Jody C.	12-29-1987	37 yrs

## Leicester Group

Jo R.	12-30-2007	17 yrs
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## Mars Hill Group

Tammy T.	12-27-2010	14 yrs
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## Motley Crew/Columbus

Judy H.	12-31-1989	35 yrs
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## One Day At A Time Grp - Rutherfordton

Marie K.	12-10-1992	32 yrs
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## Serenity Seekers - Marion

Donnie D.	12-07-2019	5 yrs
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## Sober Sisters Group - Burnsville

Jody L.	12-10-2000	24 yrs
Ferebe	12-26-2005	19 yrs
Toren T.	12-31-1984	40 yrs

## Total Surrender Group

Max D.	12-06-2022	2 yrs
Joann C.	12-08-2023	1 yr
Sara B.	12-17-2021	3 yrs
Wes W.	12-17-2021	3 yrs
Ryan S.	12-20-2023	1 yr
Dhavamesh P.	12-24-2022	2 yrs
Fred C.	12-28-1987	37 yrs
Jen S.	12-29-2022	2 yrs
Chad C.	12-30-2021	3 yrs

## Traditional Group

Dennis T.	12-25-1980	44 yrs
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## West Asheville Group

Mike L.	12-29-2017	7 yrs
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## Women of Courage Group

Ronna D.	12-07-1985	39 yrs
Jo R.	12-07-2013	11 yrs
Genevieve B.	12-08-2012	12 yrs
Danielle K.	12-17-2021	3 yrs
Velma L.	12-19-2022	2 yrs

## Women's Big Book Step Study Group

Linda F.	12-12-1986	38 yrs
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## Young People's Group

Garrett J.	12-15-2015	9 yrs
Powell W.	12-17-2020	4 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 January newsletter deadline for sending in anniversaries and announcements is December 15.



**Does your group have a**

**COR?**

**(Central Office Representative)**

**What are Central Office Representatives and  
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 more details:

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



# Announcing: a new book from AAWS on sale November 1, 2024

## PLAIN LANGUAGE BIG BOOK

A Tool for Reading  
*Alcoholics Anonymous*

This is A.A. General Service Conference-approved literature

The *Plain Language Big Book* is a tool to help readers understand the book *Alcoholics Anonymous*, which was first published in 1939. This new book is designed so that the A.A. Twelve Step program of recovery from alcoholism may be easily understood and accessible by all people who have a desire to stop drinking.

Members of A.A. fondly call the original book *Alcoholics Anonymous* “the Big Book.” It is the basic text of the A.A. program. The *Plain Language Big Book* has been written to present the original ideas and same spiritual message of the Big Book, *Alcoholics Anonymous*.

This new text is not intended to replace the much beloved Big Book. Rather, the *Plain Language Big Book* is a book crafted over several years by A.A. members and publishing professionals to support alcoholics on the path to recovery. The book is intended to help people who have a problem with alcohol gain access to A.A.’s lifesaving message.

For years, A.A. members have expressed a need for a *Plain Language Big Book*. Based on the shared experience of A.A. members, some people may not have regular contact with other A.A. members to help them understand the A.A. program of recovery and the specific vocabulary as it is used throughout the original book *Alcoholics Anonymous*. Other people have a hard time reading, especially books that were written long ago. This *Plain Language Big Book* is written in simpler language to support readers in their recovery.

This book is published in accordance with Advisory Actions passed by substantial unanimity of the General Service Conference (GSC) of Alcoholics Anonymous. In 2021, the 71st GSC advised that this book be developed. Progress reports, then sample chapters were reviewed at the 72nd and 73rd GSCs. The final draft of the *Plain Language Big Book* was reviewed and approved by substantial unanimity at the 74th GSC, in April 2024. This process and outcome adopts this text as Conference Approved Literature.

The *Plain Language Big Book* covers the core content of what is the “abridged version” (the edition without personal stories) of the original Big Book.

Readers are also encouraged to seek out the current edition of the book *Alcoholics Anonymous* and meet with A.A. members to support their own individual paths of recovery from alcoholism.

**The *Plain Language Big Book* is A.A. General Service Conference-approved literature.**

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PLAIN LANGUAGE BIG BOOK: A Tool for Reading *Alcoholics Anonymous*

- **Publication (on-sale) date: November 1, 2024**
- **List Price \$11.**
- **Item B-90**
- **192 pages; 8 ½' x 11"**
- **Softcover format with flaps**

**Now available at Central Office: (828) 254-8539; [info@ncmco.net](mailto:info@ncmco.net)**

# Twelve Tips on Keeping Your Holiday Season Sober and Joyous

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



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



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



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

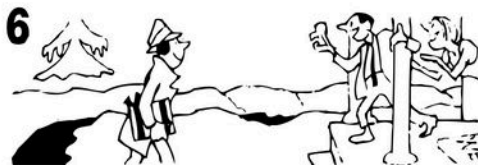


**4** Find out about the special holiday parties, meetings, or other celebra-

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



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



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



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



**8** Worship in your own way.



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



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



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



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

Reprinted from *Box 459* with permission.

# Happy Holidays

# **Area 51 Accessibility Workshop Series**

## **Episode 2**

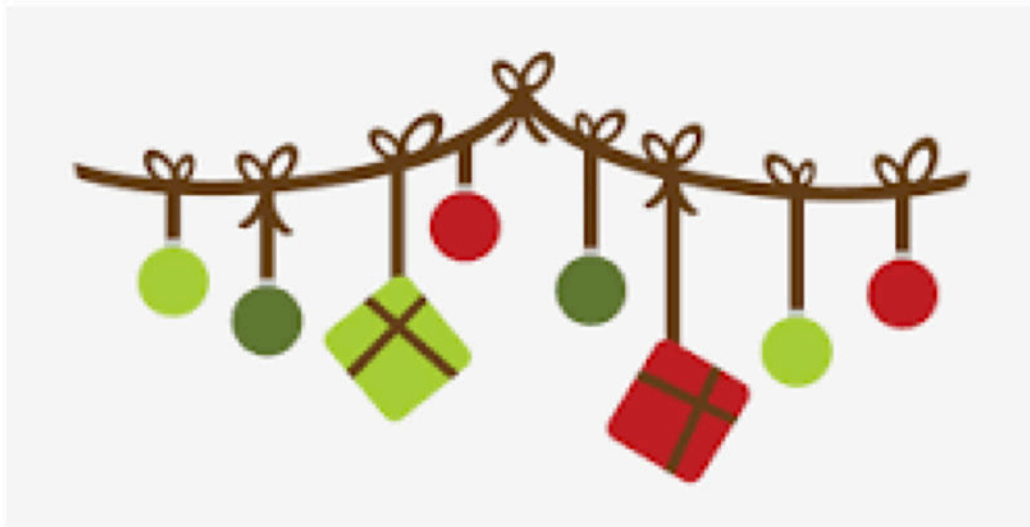
**Safety and Inclusion  
Bonnie R. Area 58**

**Sobriety after the age of 60:  
Viewpoints from a newcomer  
and an old-timer**

**December 1<sup>st</sup> from 3-5pm**

**Online Meeting  
Meeting ID 810 8473 3417  
Passcode: 924686**

**There will be a waiting room. The host will let you in.**



**Fourth Annual Women's Holiday  
Celebration for Recovery!  
Sunday, December 1, 6pm – 8pm**

**First Congregational United Church of Christ, 20 Oak Street,  
Asheville, NC 28801**

***Entrance at double glass doors on Oak Street!***

All women in recovery are invited to a holiday recovery meeting on December 1, 2024, from 6-8pm. This will be a closed AA meeting for women. This celebration will feature two speakers and lots of fellowship! Join us beginning at 6pm for yummy savory and sweet treats and hot coffee & tea. *(If you are inspired, you are welcome to bring an appetizer or dessert to share!)* The meeting will take place in the fellowship hall at the First Congregational United Church of Christ, 20 Oak Street, Asheville, NC 28801.

Doors open at 6pm for fellowship, and the meeting starts at 7pm.

*Hosted by:*

*the Wednesday 8:15 Women's AA*

*BYOC (Bring Your Own Coffee) Group and Friends!*

# Alcoholics Anonymous Southeast Regional Forum

## DECEMBER 6 - 8th, 2024

Regional forums provide opportunities for A.A. members across the U.S. and Canada to connect with people throughout the service structure, bringing together The General Service Board, A.A. World Services, Inc., AA Grapevine, Inc., The General Service Office and Grapevine Staff, A.A. Members, Service Newcomers, and Trusted Servants.

Please consider being a part of the committee. Trusted servants are needed for this forum to be a success.!

**Golden Nugget  
Biloxi, MS**



For Info:

Rita N. (Forum Committee Chair)

PH: (731) 445-4601

EMAIL: [ezduzit83@yahoo.com](mailto:ezduzit83@yahoo.com)

Get ready for a wonderful

# CHRISTMAS CELEBRATION

AT

## AVL 12 CLUBHOUSE

Food and Fellowship from 1:30pm to 6:00pm

Meetings at 12:30pm, 3:00pm, 6:00pm

**PLEASE BRING A COVERED DISH, FRIENDS & FAMILY**

**December 25, 2024**

1 KENILWORTH KNOLLS, UNIT 4, ASHEVILLE, NC 28805



# SOUTHERN STATES *Womens Conference*



January 24 - 26, 2025 Jacksonville, Florida

STEP 1	JANE L. - FL
STEP 2 & 3	RENA - FL
STEPS 4 & 5	PAULA P. - IL
STEPS 6 & 7	HOLLY D. - FL
ALANON	SARAH P. - WI
STEPS 8 & 9	MISOON W. - FL
STEPS 10 & 11	BETH H. - FL
STEP 12	JESSICA J. - TX

EARLY REGISTRATION \$50 ENDS AUG 31ST - BEGINNING SEPT 1ST \$60 - \$65 AT THE DOOR.

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

Program: AA \_\_\_\_\_ Alanon \_\_\_\_\_ Alateen \_\_\_\_\_

Check here if you would like to volunteer: \_\_\_\_\_

Check here if you need assistance with accessibility (hearing, vision, mobility): \_\_\_\_\_

Make Checks payable to: SSWC PO Box: 35100 Elmwood Park, IL 60707

**Conference Location:**  
Hyatt Riverfront Jacksonville  
225 E Coastline Drive  
Jacksonville, FL 32202  
904-588-1234

Paid parking available.  
\$20/DAY FOR HOTEL GUESTS.  
\$20 PER IN/OUT FOR ALL OTHERS.

CHECK BACK  
FOR HOTEL QR CODE

## MISSION

The International Women's Conference is the bridge to a better understanding of the Alcoholics Anonymous philosophy and way of life because of our special needs in sobriety as women. We as women members of Alcoholics Anonymous are survivors. We have found a way to obtain meaning, depth and responsibly in our lives. This came about out of desire, decision, determination and spiritual guidance. An elevated sense of belonging that is brought about by the special services and a special need provided by our Women's Conference is our goal.

## IWC SELF-SUPPORTING STATEMENT

This conference is self-supporting through the money paid for by registration fees, banquet tickets, and donations. No 7th Tradition AA funds are used to pay for the event. Conferences and conventions are special events and require money, as well as months of planning and preparation. Expenses include contracted costs for the use of meeting rooms, preparation of food and beverages (especially coffee,) printing of registration forms, audio/visual service, flyers, program schedules, postage, supplies and many other costs. Our financial goal is to break even. Our contractual commitments to the hotel & convention center require a guaranteed number of hotel rooms and banquet sales. To achieve this, we must meet our banquet and room night commitments.

## IMPORTANT INFORMATION

- IWC is a CLOSED conference for women in AA, registrants only
- Pre-registration begins February, 10th 2024
- Late registration begins June 10th, 2024
- No name change on hotel rooms after 12/31/2024
- Onsite registration by cash and credit cards only.
- NO CHECKS**
- No pets—only service dogs allowed at conference
- Badges must be worn at all times
- Childcare is NOT provided
- The 61st International Women's Conference is not responsible for loss of personal items or any personal injury
- Limited space for banquets! Free Lunch Tote applies until full to capacity.
- San Diego International Airport 2.2 miles from the Hyatt
- Uber, Lyft, Taxi, or Drive (ground)
- No hotel shuttle



IWC San Diego  
PO BOX 1223  
Solana Beach, CA 92075



January 30th- February 2nd, 2025



## Manchester Grand Hyatt

1 Market Pl, San Diego, CA 92101

(619) 232-1234



## Please Register & Pay Online

[www.internationalwomensconference.org](http://www.internationalwomensconference.org)  
CHECKS PAYABLE TO : IWC SAN DIEGO  
PO BOX 1223 Solana Beach, CA 92075

### Mail-in Registration form

Name: \_\_\_\_\_  
Name on Badge: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Sobriety Date: \_\_\_\_\_  
Email : \_\_\_\_\_

Would you like to be of service? Yes/No

## Registration Fees

Pre-registration (Begins 2/10/24) **\$65**  
Late Registration (Begins 6/10/24) **\$70**  
Online Conference **\$15**

## TOURS

USS Midway Museum \$45 Thursday 9:45am

Harbor Hornblower cruise  
3 hours plus lunch \$80 Friday 9:45am

Old Town Trolley Private tour 4 hour tour \$22  
Friday 9:45am

Sea & Land Seal Tour  
100 minutes tour \$57 Saturday 9:45 am

Contact: [toursiwc61@gmail.com](mailto:toursiwc61@gmail.com)

## CONTRIBUTIONS

-Contribute to the Scholarship Fund \$ \_\_\_\_\_  
-Contribute to overall conference \$ \_\_\_\_\_  
-Scholarship fund for worldwide attendees to join online \$ \_\_\_\_\_  
Total Enclosed \$ \_\_\_\_\_

## Manchester Grand Hyatt San Diego

1 Market Place  
San Diego, CA 92101  
(619) 232-1234

\$255 per night, Mention IWC

Group rate available; 1/28/25 - 2/3/25

All Reservations require a credit card  
with a first night non-refundable charge.

Check-in 3 PM Check-out 11 AM

## MEALS

Friday Beach Party Ice Cream Social **\$65**  
Saturday Night Banquet **\$99**  
Sunday Brunch Buffet **\$75**

**Bundle Price all three Meals \$219**

**Save \$20 & FREE LUNCH TOTE**

## Merchandise

Fleece Full Zip Black Hoodie **\$45**  
Women's Heather Red V-Neck Tee **\$23**  
18oz. Speckled Coffee Mug **\$15**  
Natural/Black Zipper Tote Bag **\$22**

**BUNDLE ALL 4 Merch items and SAVE \$15 (free mug) BUNDLE \$90**

(Merchandise cost includes CA sales tax,  
Shipping flat rate \$15 US shipping only)

Contact: [merchiwc61@gmail.com](mailto:merchiwc61@gmail.com)

## A message from the IWC Advisory Council

Thank you for registering for the conference in San Diego.

As you might know, the expense and uncertainty of putting on a Conference has increased dramatically.

We are also incurring new expenses as we go hybrid and reach women around the world.

If you are asking:

How can I help? We have some suggestions:

- Register early for San Diego.
- Purchase meals if you can. Meal sales are a big part of how we make the budget work and it's a great way to meet up with new and long-time acquaintances.
- Consider making a donation for scholarships-your generosity will help another woman attend the conference.

If you can't make a financial contribution, there are lots of ways to be of service.

Please consider volunteering if you haven't already.

**THANK YOU FOR ALWAYS BEING OF SERVICE!**

IWC San Diego 2025 is seeking sober women with special talents: singers, musicians; standup comics or other. We need you! Please contact the Entertainment committee.

[entertainmentiwc61@gmail.com](mailto:entertainmentiwc61@gmail.com)

**Do you have a special need that may impact your participation in the conference?**

**Please contact us at:**  
[accessibilityiwc61@gmail.com](mailto:accessibilityiwc61@gmail.com)

## SAN DIEGO 2025 IWC CONTACTS

Contact: [infoiwc61@gmail.com](mailto:infoiwc61@gmail.com)  
Chair: Sandy B. [chairiwc61@gmail.com](mailto:chairiwc61@gmail.com)  
Co-Chair: Janice M. [cochairiwc61@gmail.com](mailto:cochairiwc61@gmail.com)  
Co-Co Chair: Amy M. [cocochairiwc61@gmail.com](mailto:cocochairiwc61@gmail.com)  
Registrar: Joan B. [registrariwc61@gmail.com](mailto:registrariwc61@gmail.com)  
Treasury: Mary M. [treasuryiwc61@gmail.com](mailto:treasuryiwc61@gmail.com)  
Hotel: Alison L. [hoteliwc61@gmail.com](mailto:hoteliwc61@gmail.com)





# 36th Annual “FREEDOM FROM BONDAGE”

## Area 51 A.A. Corrections Conference



March 21, 22, 23 2025

Hampton Inn & Suites  
200 Columbus Drive  
Aberdeen, NC 28315



**Conference Registration Fee:**  
\$25.00

**Register and pay for the Conference:**  
<https://aanorthcarolina.org/36th-annual-freedom-from-bondage/>

**Hotel Room Rates:**  
Standard Room \$139.00, Suite \$159.00

**Reserve Your Hotel Room:**  
<https://www.hilton.com/en/attend-my-event/snpnchx-ffb-2b0e147f-4081-42bd-acf4-a92b8158f161/>

- ❖ Inspiring Speakers
- ❖ Informative Panels
- ❖ AA Correctional Archives
- ❖ Area 51 Coordinator Displays
- ❖ Fellowship & Ice Cream
- ❖ All You Can Drink Coffee!



**Call Hotel:** 910-693-4330

**Group Discount Code:** CHHFFB

**Reserve by February 22 to get Group Rate**

**Registration opens at 2:00 pm on Friday**

**For more information:**

Email: [corrections@aanorthcarolina.org](mailto:corrections@aanorthcarolina.org)

Call: (919) 418-9900

------(Mail In Registration Below)-----

### 36th Annual Freedom from Bondage

Area 51 A.A. Corrections Conference

Registration rate \$25

Make checks payable to:  
“CFC” and mail to  
Jerry W.  
P.O. Box 37654 Raleigh  
NC 27627

Name: \_\_\_\_\_

Name on Badge: \_\_\_\_\_

Address: \_\_\_\_\_

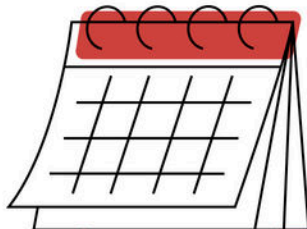
City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Telephone: (\_\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_



**WNC Districts 70, 71, 80**



*Save the Date*

**Saturday,  
March 29, 2025**

**12 noon to 4 pm**

**Western North Carolina  
Pre-Conference Assembly**

*Sharing Session to allow AA groups and members the opportunity to discuss and provide input to our state delegates on the agenda items to be acted on at the 2025 AA General Services Conference*

# CRUISING The Sea of *Happy Destiny*

Chill-Out Before or Wind-Down After  
the International AA Convention

## It's a Rally for AA Members

with Al-Anon Participation

on the fabulous Grand Princess cruise ship.

Awaken your spirit with Enlightening Speakers  
from AA and Al-Anon

Get the International Flavour of the Convention  
at a smaller gathering.

Or join us for land excursions and other events.

Join the Happy Destiny Cruisers page on  
Facebook for further events as they are added.

Please use the booking contact below.

Badges will be issued and will be required for  
access to Happy Destiny events.



### Cabin Rates CAD

#### June 24, 2025 Departure

Cabin Type	Per Person Double	3rd & 4th Person	Per Person Single
Inside	\$1523.67	\$673.65	\$2670.32
Outside	\$2407.92	\$673.65	\$4438.82
Balcony	\$2711.67	\$943.65	\$5046.32
Mini Suite	\$3143.67	\$943.65	\$5910.32

#### July 8, 2025 Departure

Cabin Type	Per Person Double	3rd & 4th Person	Per Person Single
Inside	\$1739.67	\$808.65	\$3102.32
Outside	\$2698.17	\$808.65	\$5019.32
Balcony	\$2995.17	\$1078.65	\$5613.32
Mini Suite	\$3690.42	\$1078.65	\$7003.82

**If Princess Cruise Line promotions offer a lower rate  
the lower rate will apply.**

Taxes, Fees and Port Expenses of \$378.02 are included in the rate.  
Gratuities of \$16.00 USD per day per person will apply to Inside/Outside Cabins  
(\$18.00 USD for Balcony/Mini Suites)  
A deposit of \$450 CAD pp is required to reserve a cabin. \$100 pp is non-refundable.

### Cabin Rates USD

#### June 24, 2025 Departure

Cabin Type	Per Person Double	3rd & 4th Person	Per Person Single
Inside	\$1129.00	\$499.00	\$1978.00
Outside	\$1229.00	\$499.00	\$2178.00
Balcony	\$2009.00	\$699.00	\$3738.00
Mini Suite	\$2329.00	\$699.00	\$4378.00

#### July 8, 2025 Departure

Cabin Type	Per Person Double	3rd & 4th Person	Per Person Single
Inside	\$1319.00	\$599.00	\$2358.00
Outside	\$1999.00	\$599.00	\$3718.00
Balcony	\$2264.00	\$799.00	\$4248.00
Mini Suite	\$2734.00	\$799.00	\$5188.00

**If Princess Cruise Line promotions offer a lower rate  
the lower rate will apply.**

Taxes, Fees and Port Expenses of \$280.00 USD are included in these rates.  
Gratuities of \$16.00 USD per day per person will apply to Inside/Outside Cabins  
(\$18.00 USD for Balcony/Mini Suites)  
A deposit of \$325 pp USD is required to reserve a cabin. \$75 pp is non-refundable.

For Information and Booking Please Contact: Email: [happydestinycruisers@gmail.com](mailto:happydestinycruisers@gmail.com) or call 250-390-7401

Website: [expediacruz.com/vlauriesmith/about](http://expediacruz.com/vlauriesmith/about)

To keep up to date and meet others who will be cruising with us, join the group on Facebook: Happy Destiny Cruisers

We hope to see you as we Cruise the Sea of Happy Destiny. May God bless you and keep you until then.

We offer a very special thank you to suppliers who made the Happy Destiny Cruise possible.

Princess Cruise Lines have graciously invited us on board and offered their ship and her facilities to accommodate our meetings, speakers and special gatherings.

And to Expedia Cruises for offering their services to coordinate and facilitate booking all our participants.

**Save  
the  
Date!**

AA.org/International-Convention

# 2025 A.A. International Convention

July 3-6, 2025



Scan here!



Language of the Heart  
Lenguaje del corazón  
Le langage du cœur

Make plans to attend the 2025 A.A. International Convention  
scheduled in Vancouver, British Columbia, Canada

**Registration is open!**

Taking place once every five years, the A.A. International Convention marks the anniversary of Bill W.'s first meeting with Dr. Bob and the birth of Alcoholics Anonymous in 1935. A.A. members and their families and friends from around the globe attend the event. At the International Convention people attend meetings, workshops, dances and events. A highlight is the traditional flag ceremony to celebrate sobriety worldwide.

Vancouver will welcome A.A. members from around the world for the 2025 International Convention. This will mark the 90th anniversary of the beginning of our Fellowship's founding. The International Convention will take place from July 3 - 6, 2025, at the Vancouver Convention Centre and BC Place Stadium.

As the Convention approaches, we will update our website with registration information. Let's celebrate sobriety together in Vancouver in 2025!

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

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