

Mountain Doin's

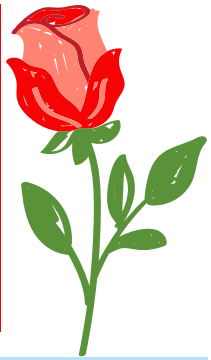
February 2025

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

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

(828) 254-8539
24/7

info@ncmco.net
aancmco.org



Right Here, Inside Me

by Mary Ann M. - Drexel Hill, PA

I never expected to hear so much laughter when I first walked into AA. To me it sounded like fingernails scratching on a blackboard. I certainly wasn't looking for camaraderie or fun. I just wanted the pain to go away.

On Friday evenings, there was this candlelight meeting I liked to go to. I could slip into the meeting room in the dark and not have to make small talk or look anyone in the eye. I was so uncomfortable in my own skin in early recovery. It was excruciating. Nothing felt right, let alone good.

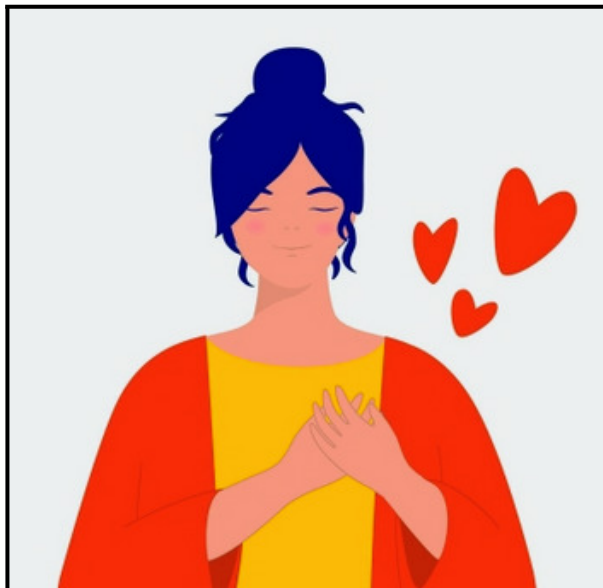
One night the speaker was an older gentleman who radiated a kind of warmth that was palpable to me, even though I sat way in the back of the room. I listened with rapt attention as he told how his struggle with alcohol had brought him to a ledge where the pain was so great he wanted to end it all. How he hated himself back then, he said, for not having the courage to jump. He described how, in his darkest moment, he cried out for help to a God he didn't believe in.

I don't remember the rest of his story, but I sure remember the way he told it. He shared with such a sweeping sense of peace and ease that he dispelled some of my own pain.

My ledge was constructed of fear and shame, and it taunted me. If he could be at a jumping-off point like that and recover, maybe I could too.

I gravitated to that guy after the meeting and I said, a little desperately, "I want what you've got." He smiled at me with kind eyes and said, "You've already got it."

"What do you mean?" I asked. He tapped his heart and said, "Right here. It's inside you. It's inside all of us. We just have to get out of the way." He then gave me a hug.



As he released my hug, he looked over to this other guy in a leather jacket with white hair pulled back into a ponytail. "Well, look what the cat dragged in!" he said. "If it ain't Ponytail Steve!"

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Central Office Positions Filled and Still Open

In January the CORs and Central Office Board filled the following open positions: John D, who stood for another term as Chair; Tammy Z, Alternate Chair, who has been Treasurer for the past two+ years; Jean R, who stood for another term as Secretary; and Chris M, Treasurer, who has been the Alternate Chair for the past year. We thank them all for their continued service!

The Board is still in need of a 12th Step Call Coordinator (Marcos C has to step down due to work commitments that prevent him from attending COR/Board meetings.) and a Mountain Doin's Editor and a Web Admin, since Pam and Joyce, respectively, have served beyond the recommended three-year terms. Below are the responsibilities and requirements for each position. If you are interested, please attend the next COR/Board meeting, **Thursday, March 13, at 6:00pm**, via zoom. For updated meeting information and Zoom link, check the website: <https://aancmco.org/index.php/events/>

12th Step Call Coordinator

- 1. Shall have responsibility for maintaining the 12th Step phone call volunteer list.
- 2. Recruits new volunteers.
- 3. Work with the Office Manager to keep the 12th Step volunteer list information current.
- 4. Shall have at least three years of continuous sobriety.

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February Grapevine now available!



Longtimers

This month's featured section is "Longtimers," with wonderful stories by members sharing about their long journeys in AA and the many things they've learned and experienced.

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

How little I knew

That your presence was becoming a hearth
in the center of my life

Your stories were breath upon embers
for the fire I would build

With amends written, sage, and tobacco
Offerings carefully gathered

Each a prayer, a blessing, a solemn petition
For reconciliation, forgiveness,

For the audacity of freedom from bondage

For life flowing in sacred reciprocity

For yielding to the holiness of unbidden beauty

One year, today.

I chose unflinching to face myself

For one year

I've dared to look behind veils of old behaviors

To grieve the person I was,

the ones I've hurt

and those to whom I've had to say
goodbye

There's more room for sweetness now

Grace flows through my veins

There's honey in my bones

I have come home.

-- Julie T.

Inside A.A.

It's so good to feel so bad
I was on a deathly slide
Most of my early days were sad
'Til I found A.A. and got "inside"

"There must have been some Magic"
Words from Frosty's tale
I'm extracted from the "Tragic"
Today you'd call me "Hale"

Hale and Hardy - what a concept
To which I've been directed
You've repaired this awful wreck
And now we're all connected

--Ocean S.

Call & Visitor Log December 2024

12 Step Calls - 5
General Info - 6
Family Help - 7
Meeting Info - 30
Central Office Business - 59
Medical/Detox - 2
Visitors - 62
After-hours calls - 54





Visits to aancmco.org/ website:
Unique Visitors - 4,244
Total Visits - 9,644; Visits/Visitor - 2.27
Total Pages - 52,358; Pages/Visit - 5.43




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 General Committee (CORs and Board) elected the following new Board members: Chairperson - John D, Alternate Chairperson - Tammy Z, Secretary - Jean R, and Treasurer - Chris M.

We still need to fill the following positions: 12th Step Call Coordinator, Mountain Doin's Editor, and Web Admin. See pages 1 and 5 for the responsibilities and requirements of each position. Anyone interested in volunteering for a position is encouraged to attend the General Committee (COR/Board) meeting **Thursday, March 13, 6:00pm**, via Zoom: Meeting ID: 757 855 2319 Passcode: 000000  For updated meeting information and Zoom link, check the website: <https://aancmco.org/index.php/events/> 


Where to Find Meetings

Printable In-person Meeting Guide 

Meetings in all 3 Districts 

Meetings in District 70 

Meetings in District 71 

Meetings in District 80 

Cash on Hand as of 12/31/2024

Prudent Reserve
\$16,151.96

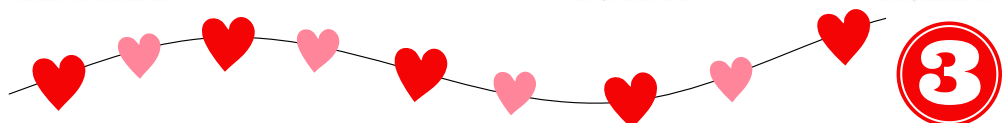
Operating Account
\$17,746.02

Rent Deposit - \$900.00

Petty Cash - \$50.00

Profit & Loss YTD

	Dec 2024	Jan-Dec 2024 (YTD)
Revenue		
Contributions		
Birthday Contributions		\$271.88
Group Contributions	\$3,870.68	\$37,447.31
Individual Contributions	\$398.86	\$1,924.08
Subscriptions		\$0.00
Total Contributions	\$4,269.54	\$39,643.27
Interest on Money Market	\$1.37	\$16.15
Sales Income		
Literature & merchandise	\$2,879.85	\$28,253.11
Shipping charged to groups	\$65.85	\$591.80
Total Sales Income	\$2,945.70	\$28,844.91
Total Revenue	\$7,216.61	\$68,504.33
Cost of Goods Sold		
Cost of Goods Sold		\$11.00
Credit Card Processing		
PayPal Fee	\$46.75	\$317.28
Total Credit Card Processing	\$46.75	\$317.28
Freight - vendor shipping	\$39.00	\$418.05
Literature & merchandise	\$2,339.85	\$23,229.52
Shipping to groups	\$64.66	\$591.61
Total Cost of Goods Sold	\$2,490.26	\$24,567.46
Inventory Shrinkage	\$26.22	\$489.94
Total Cost of Goods Sold	\$2,516.48	\$25,057.40
Gross Profit	\$4,700.13	\$43,446.93
Expenditures		
Bank Service Charges		\$49.22
Event Expenses		\$957.30
Insurance Expense		\$605.00
Office Supplies	\$3.00	\$689.40
Payroll Expenses		
Gross Salary	\$1,875.00	\$19,387.89
Payroll Taxes (Company)	\$143.44	\$1,433.67
Total Payroll Expenses	\$2,018.44	\$20,821.56
QuickBooks Expenses	\$80.00	\$80.00
Reconciliation Discrepancies		-\$22.87
Rent	\$900.00	\$9,878.00
Stamps/Postage		\$20.20
Telephone & Internet		
Office Telephone/Internet	\$89.14	\$1,224.13
Virtual Meetings	\$15.99	\$191.88
Web Expenses		\$294.99
Total Telephone & Internet	\$105.13	\$1,711.00
Total Expenditures	\$3,106.57	\$34,788.81
Net Operating Revenue	\$1,593.56	\$8,658.12
Other Expenditures		
Special Projects		\$2,175.00
Total Other Expenditures		\$2,175.00
Net Other Revenue		-\$2,175.00
Net Revenue	\$1,593.56	\$6,483.12



Group Contributions:	Dec 2024	YTD
12 & 12 Study Group - 000090348		\$175.00
Acceptance Group 000092265	\$1,240.00	\$3,358.40
Across the River Group (Leland, NC)		\$145.00
Agnostics Atheists Free Thinkers Group - 000092498		\$750.00
All In Group-Waynesville - 000355928	\$120.00	\$324.00
As Bill Sees It Group (Franklin) - 000093648		\$130.00
Back To Basics Group - 000094453		\$100.00
Big Town Group - 000096080		\$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	\$100.00	\$190.00
Burnsville Group - 000235484		\$195.00
Candler K.I.S.S. Group - 000098073		\$330.50
Cashiers Valley Group - 000098360		\$1,143.63
Cedar Mountain Group - 000098480		\$94.00
Common Sense Group - 000099801	\$400.00	\$800.00
Conscious Contact Group - 000099980		\$2,182.29
Cullowhee Valley Group - 000100669		\$200.00
Cumberland Group - 000100676	\$50.00	\$100.00
Daily Decisions Group - 000100743		\$1,574.10
Day By Day Group - 000101059	\$39.00	\$314.67
Fellowship Group (Fletcher) - 000104116		\$545.81
Good Livers Group - 000107590		\$200.00
Grace Group (Asheville) - 000107789		\$486.98
Hendersonville Group - 000110033		\$1,500.00
Hendersonville Happy Hour Grp - 000110034		\$100.89
Hendersonville Men's Group - 000044576		\$500.00
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
High Noon Group - 000110266		\$210.00
It's In the Book Group - 000260106		\$450.00
Joy Of Living Group - 000112527		\$584.12
Lambda Group - 000007190		\$138.01
Leicester Group - 000009461		\$218.00
Liars Club	\$171.00	\$708.00
Library Group - 000010602		\$82.00
Lost and Found Group 000427291		\$182.00
Love & Tolerance Group - 000015029		\$100.00
Maggie Valley Group - 000016476	\$300.00	\$300.00
Mars Hill Group - 000017945		\$238.25
Marshall Group - 000017982		\$75.00
Men's Attitude Adjustment Group 000020095		\$244.10
Micaville 12 & 12		\$20.00
Mountainview Group - 000027730		\$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	\$38.00	\$547.28
Pine Grove Group		\$100.00
Pisgah (National Park) Group - 000049661		\$100.00
Practicing Principles Group - 000051260	\$67.97	\$237.99
Radion Recovery Group (Wilmington, NC)		\$75.00
Recovery By The River Group - 000055540		\$536.31
Round Table Group - 000059337		\$111.00
Safe And Sound Women's Group - 000060517		\$299.80
Saturday Morning Men's Meeting	\$150.00	\$600.00
Saturday Solutions	\$120.00	\$120.00
Second Chance Group-Cherokee - 000066053		\$131.82
Serenity Now Group - 000068035		\$400.00
Serenity Seekers Group (Marion) 000068301	\$230.86	\$230.86
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	\$320.35	\$542.86
South Asheville Literature Group - 000075329		\$100.00
Speed Bump Group - 000053487		\$952.00
Spiritual Fitness Group - 000076890		\$75.00
Spiro Group (Oklahoma)		\$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
Surrender Group (Blk Mtn) - 000086090	\$240.00	\$240.00
The Open Meeting Group - 000418805		\$417.50
The Out To Lunch Bunch Group - 000408968	\$100.00	\$550.07
The Winners Circle Group (Princeton, NJ) - 000005650		\$1,000.00
Three Legacies Group - 000006439		\$200.13
Toccoa Fellowship Group (Georgia) 000009249		\$400.00
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 Group - 000030473		\$100.00
West Asheville Women's Group	\$137.50	\$587.50
Women of Courage Group - 000036989	\$46.00	\$838.00
Young People's Group - 000042150		\$286.00
Journal Entry - ADJUSTMENT (One time)		-\$42.39
Miscellaneous/Anonymous Contribution		\$0.36
Total Group Contributions:	\$3,870.68	\$37,447.31

Contributions

Individual Contributions:	Dec 2024	YTD
Anonymous	\$273.79	\$548.01
Annie D.		\$10.00
Beverly B.	\$100.00	\$100.00
Beverly D.		\$50.00
Ellen O.		\$25.00
Ken		\$20.00
Marsha S.		\$365.00
Pat D.	0.07	\$0.07
Priscilla H.		\$6.00
Shannon K.	\$25.00	\$300.00
Stephanie D.		\$250.00
Wendy M.		\$200.00
In Memory of B.G.		\$50.00
Total Individual Contributions:	\$398.86	\$1,924.08

Birthday Contributions:	Dec 2024	YTD
Brian L.		\$32.88
Sandra F.		\$39.00
Carolyn O.		\$200.00
Total Birthday Contributions:		\$271.88

Total Contributions:	\$4,269.54	\$39,643.27
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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*

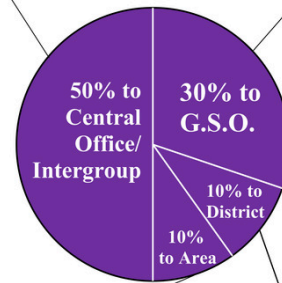
Revised for 2025

NOTE: New addresses for Area 51 and District 80

* 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 11104
Wilmington, NC 28404

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

District 71 Treasurer
PO Box 202
Hendersonville, NC, 28793

District 80 Treasurer
PO Box 2015
Cherokee, NC 28719



CO Open Positions *(continued from page 1)*

Newsletter Editor

1. Has overall responsibility for the monthly Mountain Doin's newsletter. (See purpose, content and distribution below.) The editor may be reimbursed for publishing expenses.
2. Shall have at least three years of continuous sobriety.

Mountain Doin's Newsletter

Purpose

1. Inform the Groups and members of information and events in all Districts in the service area of the Central Office.
2. Provide interesting and thought-provoking articles pertaining to the fellowship and the program of Alcoholics Anonymous.
3. Provide a platform for members to express their ideas and opinions.
4. Inform Groups and members of Central Office events and other information that benefits them.

Content

1. Monthly Central Office Financial Report.
2. Anniversaries submitted by groups.
3. Group contributions.
4. Calendar of Group/District functions or activities for the month and coming months.
5. An area for District information to be used at each District's discretion.
6. Contributions by individual members, Groups, and Districts including: articles, humor, upcoming events, reports of past events, any information thought important.
7. Adheres to Central Office Policy on Anonymity.

Distribution

1. Electronic: posted to <https://md.aancmco.org> at publication (1st of the month).
2. Email notification of publication sent on request.

Webmaster

1. Has responsibility for publishing and maintaining the Central Office website www.aancmco.org in accordance with Central Office policies. (See purpose and content below) The Webmaster may be reimbursed for publishing expenses.
2. Shall have at least three years of continuous sobriety.

Central Office Website: www.aancmco.org

Purpose

1. Provide an internet site, www.aancmco.org, for the North Carolina Mountain Central Office that informs the Groups about the Central Office and gives online access to current AA meeting schedules for Districts 70, 71 and 80.
2. Provide links to AA websites from Districts 70, 71, 80, Area 51, the General Service Office, and other useful AA information as deemed appropriate by the Central Office Board.
3. Provide a means for contacting the Central Office via email.

Content

1. Description of Central Office function, location and hours of operation.
2. Links to AA websites in the region.
3. AA-related news and events from the region.
4. Link to the Mountain Doin's, Central Office's newsletter.
5. Adheres to the Central Office Anonymity Policy.



Questions? Please contact Central Office:
(828) 254-8539; info@ncmco.net

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.



8th Annual Spring Into Action Conference. February 8, 10:00am - 4:00pm. New Hope Baptist Church, 3007 Beechtree Dr, Sanford, NC 27330. For more information, see flyer or visit the website: <https://raleighaa.com/event/spring-into-action-conference-2/>



Valentine's Dance. Friday, February 14, 8:00pm-Midnight. DJ Jake; Asheville 12 Step Club, 1 Kenilworth Knolls, #4, Asheville 28805

The History Roundup. February 21-23. Landmark Resort, 1501 S Ocean Blvd, Myrtle Beach, SC. For registration and hotel information visit the website: <https://thehistoryroundup.com/>



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.



Western North Carolina Pre-Conference Assembly. Saturday, March 29, 12:00-4:00pm. Hosted by District 70, 71 & 80 and NCMCO. Share your views with our Area 51 Delegate on this year's GSC agenda items. Your input matters! Covenant Community Church, 11 Rocket Dr, Asheville 28803. See flyer for more details.

2025 International Convention. July 3-6. Vancouver Convention Centre and BC Place Stadium, Vancouver, British Columbia, Canada. Registration is now open. For more information, visit the website: <https://www.aa.org/international-convention>



Can't make it to Vancouver? Celebrate in Charlotte instead!

Not a Glum Lot Roundup. July 3-6. Hilton Charlotte University Place, 8629 JM Keynes Dr, Charlotte, NC 28262. See flyer for more details, or go to the website: <https://osceolacountyintergroup.org/events/not-a-glum-lot-roundup-07-03-25-charlotte-nc/>



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



Right Here, Inside Me *(continued from page 1)*

Ponytail turned to me and winked. "Watch what this guy says, he's full of beans," he said. The two old friends just laughed. This time, the laughter sounded easy on my ears.

I walked out of that meeting and into the fresh, crisp October night. People were milling about in groups of two and three. One guy in a jeff cap was playing a tiny harmonica while another started pantomiming a silly jig. Everyone started cracking up.

As I walked away, I recognized something inside I thought I'd never feel again—laughter.

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The Service Express

District 70

GSR Business Meeting – held the 2nd Sunday of the month. The next meeting will be **Sunday, February 9, 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 – The Chairperson is Carolyn O. Want to make sure your A.A. group is accessible to all? Contact Carolyn at 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/district-70-accessibilities-committee-meeting-zoom-2/>

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. The Archives Committee meets the first Saturday of every month at 2:00pm. For zoom link go to: <https://ashevilleaa.org/event/district-70-archives-committee-meeting-zoom-2/>

CPC/PI Committee – The Chairperson is David. 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 are needed for various events. The PI Committee provides accurate A.A. information to the public and media when requested. For more information, contact David at cpc-pi@ashevilleaa.org.

Corrections Committee – Meetings have restarted at Western Correctional Center for Women and Black Mountain Substance Abuse Treatment Center for Women. New volunteers will be starting soon. They will continue to update folks to additional orientation dates. Volunteers are still needed for men and women at Buncombe County Correctional Center. Stay tuned for updates on that. If you are interested in volunteering with Corrections, contact Liz P, the Women's Corrections Chair, at corrections_women@ashevilleaa.org, or Mitch R, the Men's Corrections Chair, at corrections_men@ashevilleaa.org

Literature and Grapevine Committee – Chairperson is Annie McN. She can be reached at 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 and he can offer support.

Treatment Facilities Committee – The Chairperson is Joleen. She 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. The Treatment Committee meets the last Sunday of every month at 7:00pm. For zoom link go to: <https://ashevilleaa.org/event/treatment-bridging-the-gap-committees-meeting-zoom-2/>

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. And they need both a Chairperson and 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



District 71

GSR Business Meeting – held on the 2nd Saturday of the month. The next meeting will be **Saturday, February 8, 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 Henderson County jail. They have openings for Alt DCM, CPC/PI Coordinator, Bridging the Gap, and Events Coordinator. If you have any questions or would like to volunteer, contact Alan, the District 71 DCM, through the website <https://www.nc71.org/contact> or email nc71aa@gmail.com



District 80

GSR Business Meeting – held quarterly. The next meeting will be on **Sunday, April 12, 1:30pm**, and it will be a Budget Review Meeting. 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

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

District 80: Email: webmaster@aawnc80.com



Happy Anniversary!

Acceptance Group

Melissa R.	2-09-2019	6 yrs
Wil W.	2-11-1983	42 yrs
Pam H.	2-23-2022	3 yrs
Miranda W.	2-22-2023	2 yrs
Christy G.	2-21-2014	11 yrs

Back to Basics Group - Weaverville

Stacy R.	2-04-1998	27 yrs
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Black Mountain Group

Cat F.	2-23-2012	13 yrs
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Candler K.I.S.S. Group

Zachary W.	2-22-2011	14 yrs
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Conscious Contact

Marsha P.	2-14-1987	38 yrs
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Daily Decisions Group

Blue	2-08-2005	20 yrs
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Fellowship Group

Kent S.	2-07-2009	16 yrs
Jason AG.	2-08-2020	5 yrs
Jeff H.	2-12-2023	2 yrs
Jerry T.	2-15-2011	14 yrs
Paul F.	2-22-1985	40 yrs
Eddie McD.	2-23-2023	2 yrs
Tom M.	2-25-2019	6 yrs
Edward M.	2-27-1989	36 yrs
Nathaniel R.	2-28-2016	9 yrs

Good Liviers

Mark S.	2-06-2015	10 yrs
Karen D.	2-10-2009	16 yrs
Michele F.	2-18-2001	24 yrs
Mary S.	2-18-2012	13 yrs

Grace Group

Ben P.	2-02-2020	5 yrs
Joe E.	2-05-2015	10 yrs
Brackley V.	2-05-2021	4 yrs
Geoff S.	2-06-2008	17 yrs
Shaelyn T.	2-06-2020	5 yrs
Jason S.	2-07-2012	13 yrs
Mary B.	2-10-1981	44 yrs
Karen D.	2-10-2009	16 yrs
Kelly K.	2-10-2021	4 yrs
Farrell S.	2-11-2015	10 yrs
Doug L.	2-12-2021	4 yrs
Rowan	2-14-1991	34 yrs
Ken K.	2-14-2016	9 yrs
Susan D.	2-15-1986	39 yrs
Sabra R.	2-15-2008	17 yrs
Daniel H.	2-15-2019	6 yrs
Margery K.	2-22-2004	21 yrs
Jamie D.	2-22-2021	4 yrs
Ashley G.	2-24-2010	15 yrs
Renee F.	2-24-2021	4 yrs
Ben M.	2-26-2019	6 yrs
Ashley R.	2-27-2019	6 yrs
Quinn M.	2-29-2016	9 yrs

Happy Hour Group

Ken F.	2-25-2012	13 yrs
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Hendersonville Group

Bill G.	2-12-1982	43 yrs
Kimberly M.	2-14-2020	5 yrs
Kim S.	2-22-2019	6 yrs
Kelly F.	2-22-2022	3 yrs

Hendersonville Men's Group

David T.	2-04-1994	31 yrs
John A.	2-12-1991	34 yrs
Scott A.	2-14-2017	8 yrs

Hey Girl, Surrender Group

Jen H.	2-05-2023	2 yrs
Dorothy L.	2-15-2000	25 yrs
Mary S.	2-18-2012	13 yrs

Lambda Group

Amy N.	2-12-2016	9 yrs
Russell G.	2-15-2018	7 yrs
Kyle W.	2-18-2021	4 yrs

Mars Hill Group

Brian D.	2-01-2006	19 yrs
Emma R	2-22-2023	2 yrs
Phil L.	2-26-2012	13 yrs
John W.	2-28-1986	39 yrs

Motley Crew/Columbus

Tom D.	2-05-1995	30 yrs
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Phoenix Group

Tonya K.	2-01-2013	12 yrs
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Second Chance Group

Leslie W.	2-21-1997	28 yrs
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Serenity Now Group - Bryson City

Lawrence M.	2-19-2023	2 yrs
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Serenity Seekers - Marion

Gary B.	2-05-2017	8 yrs
Dean G.	2-12-2002	23 yrs
Dexter C.	2-17-2019	6 yrs

Serenity Service Group

Heide F.	2-01-2023	2 yrs
Cody F.	2-08-2021	4 yrs
Courtney	2-11-2018	7 yrs
Nathan R.	2-18-2022	3 yrs
Jamie D.	2-22-2021	4 yrs
Bill L.	2-23-2022	3 yrs
Kevin W.	2-24-2022	3 yrs
Sheena V.	2-26-2019	6 yrs

Sober Sisters of Black Mountain

Suzy L.	2-28-2009	16 yrs
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Spruce Pine Saturday Morning Group

Tricia M.	2-02-2020	5 yrs
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Total Surrender Group

Josh H.	2-23-1999	26 yrs
Cat F.	2-23-2012	13 yrs

Traditional Group

Keenan H.	2-18-2019	6 yrs
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Waynesville Grace Group

Carlos C.	2-12-2009	16 yrs
Melissa C.	2-16-2005	20 yrs
JoAnne M.	2-16-2006	19 yrs
Guy W.	2-20-1994	31 yrs

West Asheville Group

Kyle J.	2-27-2019	6 yrs
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Women's Big Book Step Study Group

Ali W.	2-12-2011	14 yrs
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Women of Courage

Sal L.	2-02-1994	31 yrs
Annie B.	2-07-1998	27 yrs
Mary M.	2-09-2023	2 yrs
Nicole P.	2-10-2016	9 yrs
Michaelann	2-14-1985	40 yrs
Nancy K.	2-14-1992	33 yrs
Marti R.	2-17-1991	34 yrs
Cathy H.	2-28-1987	38 yrs
Suzanne L.	2-28-2023	2 yrs

The Birthday Plan

For many years, A.A. members have celebrated their sobriety by sending a contribution to the General Service Office. Your birthday (or anniversary) money helps to support G.S.O.'s services to members and groups throughout Canada and the U.S., to ensure that the A.A. message is carried around the world. The services that G.S.O. provides the A.A. groups cost more than \$6 per member per year. Members customarily contribute \$1, \$2 or even \$5 a year for each year of sobriety—others may give a penny or a nickel a day for each day of their sobriety. You may request these Birthday Contribution Envelopes (FR-5) from G.S.O., for yourself or for your group, at no charge. *(Reprinted from Box 4-5-9 Vol. 62, No.1 / Spring 2016)*

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

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

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



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

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 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 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.

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

Deaf Alcoholics

Find an accessible Deaf Alcoholics Anonymous (AA) or
ASL Interpreted AA Meeting

“TODAY”



Picture of website QR code

Deaf AA & ASL Interpreted Meetings in the USA & Canada

Find a Sponsor, Fellowship and Service Opportunities

deafaa.org

What else can you find on the website?

Alcoholics Anonymous literature available in ASL

Click on [aa-asl-cc-videos](#) link

Deaf alcoholic recovery stories on the

Grapevine ASL YouTube Channel

Click on [grapevine-asl-playlist](#) link

• EIGHT ANNUAL •

Spring Into Action Conference

FEBRUARY 8, 2025

10:00 AM–4:00 PM



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


Schedule

- | | | |
|--------------------|--|-----------------------------|
| 10:00-11:00 | A Vision for You – Yesterday and Today | (Jerry W. Apex NC) |
| 11:00-11:30 | Break | |
| 11:30-12:30 | Practice These Principles – Everywhere | (Drew C. Southern Pines NC) |
| 12:30-1:30 | Lunch - Food Trucks (accepts cash & card) | |
| 1:30-2:30 | Carry This Message - We Can Help Others | (Cecily M. Charlotte NC) |
| 2:30-3:00 | Break | |
| 3:00-4:00 | Spiritual Entity - The Home Group | (Kristi S. Nags Head NC) |
| 5:00 - | Dinner and fellowship in downtown Sanford | |

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

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

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

A festive Valentine's Day collage background featuring various items: a gift box with a red ribbon, a heart-shaped envelope, a red heart on a string, a chocolate bar, a girl with red hair, a heart-shaped gift, a cupcake, and several scattered hearts. The background is a light pink color with a white lace-like pattern.

JOIN US FOR A

VALENTINE'S DANCE

Friday
February 14

8 pm - Midnite

DJ JAKE

ASHEVILLE 12 STEP CLUB

1 KENILWORTH KNOLLS, #4

ASHEVILLE 28805



CARTERET COUNTY-DISTRICT 1
PRESENTS THE

Coastal Plains Fellowship 2025

AT

GLAD TIDINGS CHURCH

4621 COUNTRY CLUB RD,
MOREHEAD CITY, NC 28557

SUNDAY, FEBRUARY 16

2 PM- FELLOWSHIP

3 PM- DINNER

4 PM- SPEAKER MEETING

RAFFEL & SOBRIETY COUNTDOWN FOLLOWS

COME TOGETHER AND JOIN IN!

VOLUNTEERS NEEDED

PLEASE BRING A COVERED DISH TO SHARE

CONTACT MARTY WINTER @ 805.320.5332 FOR MORE INFO

THE HISTORY ROUNDUP



Myrtle Beach, South Carolina

February 21-23, 2025

A weekend celebrating the
History of Alcoholics Anonymous



Featured Presenters

Michele Grinberg - Charleston WV

Past Chair for General Service Board of AA

- The Alcoholic Foundation - The first AA Trusteeship
- Bern Smith - wise counsel

Drew H - Atlanta GA

- "Wm D. Silkworth - Great Friend of AA"
- "Sister Ignatia - Patron Saint of AA"

Mily T - San Francisco CA

- Florence R. "A Feminine Victory" 1st Edition
- Mrs. Marty Mann: The Life & Times of an Early AA Woman

Kevin Hanlon - New York NY

- The Bill W documentary - "The Cutting Room Floor: Missing Gems"
- A talk on Bill W.

REGISTRATION: \$45 in Advance | \$50 at the door

Register Online at thehistoryroundup.com or by mail (Complete form below)

Make Checks Payable to & Mail Registration to:

The History Roundup, 346 Cypress Ave, Garden City, SC 29576

Hotel Information | Landmark Resort | 1501 S Ocean Blvd, Myrtle Beach, SC

Call 855-338-0226 (weekdays from 9am-9pm) For Special Rate, mention "History Roundup"

Special Room Rate applies only to Thursday Night thru Saturday Night. Deadline for Special Rate ends 1/20/25

Any questions, call or email Beth H | 843-222-6527 | bethhuntl@gmail.com

REGISTRATION | \$45.00

Name _____

Email _____

Phone# _____

Badge Info:

Name on Badge _____

Group or City _____



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

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: _____

get inspired



Western NC Pre-Conference

HOSTED BY DISTRICTS 70, 71 & 80

Saturday
MARCH 29, 2025

12:00 PM

share your views

with our Area 51 Delegate on this year's GSC agenda items

LUNCH & FORUM

(bring a dessert, if you like)



Use your voice in A.A.

These discussions shape the future of A.A. and how we continue to carry the message.

Your input matters.

Covenant Community Church
11 Rocket Dr, Asheville

Welcome retreat sisters! We welcome you to the Annual Spring Women's Spiritual Retreat at the Blowing Rock Conference Center, located in the beautiful mountain village of Blowing Rock, North Carolina.

In addition to experiencing a spiritual women's retreat, there are a range of activities you might enjoy. To highlight a few:

- seventeen nearby hiking trails ranging from moderate to strenuous for those who enjoy hiking in the mountains
- outdoor chapel is available for meditation or to sit and enjoy the view
- several walking trails and as much space as you need
- board games
- coloring and puzzle books
- limited number of massages available @ \$75 an hour -- *cash only please*

Catch up with old friends, and make new ones.

Register online at:
<https://www.womensspiritualretreat.org>

**NO REFUNDS AFTER
 March 11, 2025**

Many A.A.'s go in for annual or semi-annual housecleanings. Many of us also like the experience of an occasional retreat from the outside world where we can quiet down for an undisturbed day or so of self-overhaul and meditation."

12 & 12, Step Ten, Page 89

PLEASE WELCOME:

Retreat Leader: Marie Talsness .. 37 years of sobriety

Marie is active in the 12 Steps and helps many women to seek this Spiritual way of life through the 12 Steps. She tries to carry this message to the alcoholic woman who still suffers.... with either 24 minutes, 24 hours, or 24 years of sobriety.

She lived in Hong Kong for 22 years, raising three children with her husband. While there she worked as a religious studies teacher and coordinator at a parish in Hong Kong.

Marie has organized 12 Step Spiritual Retreats since 2003 and has facilitated various 12 Step retreats internationally, including Thailand, Hong Kong, Australia, China, and the U.K., as well as the USA since 2008.

Marie Talsness brings with her a powerful love of God, an open transparency of her own messy journey, and a focus on the 12 Steps that results in personal growth that guides one to a deeper spirituality.

Retreat Theme: "Spirituality is not a theory ..."

Objective: living this spiritual life...through a journey of Steps 6/7 and 10/11 with the base of Step 3 being the decision we made and the actions we take. Seeking this God in the messiness and the stumbling's of our life is where the Spiritual life can be cultivated.

A limited number of twenty minute one-on-one sessions with our retreat leader will be available on Saturday. Names will be picked from the basket Friday evening.



3rd Annual Spring Women's Spiritual Retreat April 11 – 13, 2025

This year's Retreat theme is:
Spirituality is not a theory...

**Marie Talsness
 Retreat Leader**



The peace and serenity to be gained is unlimited, but space for the retreat is not!

Register online at:
<https://www.womensspiritualretreat.org>



A spiritual retreat is an excellent way for women in the fellowship to renew their spiritual commitment as outlined in the 12 Steps. We also enjoy seeing old friends, and making new ones. The retreat brings together women in recovery to share in prayer and reflection. We will gain additional tools to help us keep open the spiritual path to recovery. The retreat is based upon the spirituality of Alcoholics Anonymous and is open to **AA women only**.

Presentations, discussions, prayer, meditation, and individual direction help to strengthen and encourage AA women in recovery.

What to Bring:

- Snacks to Share
- Favorite meditation books, journal, flashlight, water bottle, and address book
- **Bring Cash For:** massage if selected @ \$75/hour, 50/50 raffle participation, and gratuity for BRCC staff
- Lawn chair is optional
- Warm sweater/jacket/hat
- Yoga mat

Check in begins Friday at 3:00 p.m. Dinner is 6:30. Coffee, tea, and soft drinks provided. Retreat concludes Sunday at 12 noon. **Early Bird arrival on Thursday** can be arranged for \$60. You can purchase Thursday night dinner (\$18), Friday breakfast (\$12), and lunch (\$16) to have at BRCC through our website.



- ♦ When you have turned onto Possum Hollow Road:
- ♦ Follow Possum Hollow .7 miles to a stop sign
- ♦ Turn LEFT onto Sunset Drive. Continue .2 miles to the stop sign.
- ♦ Turn LEFT onto Goforth Road and continue for **about .6** miles until you come to the 15 mph speed limit sign; you will see the entrance to Blowing Rock Conference Center just ahead on your right.
- ♦ Turn RIGHT and follow the road to the main parking lot.



COST FOR THE WEEKEND

Rooms

- Lodge: \$235 per person
- Single Room: \$335
- Cottage (sleeps 4): \$210 per person
- Rowe Dorm \$190

NO REFUND AFTER MARCH 11th

Friday dinner, Saturday 3 meals, and Sunday breakfast included with registration.

REGISTER, SELECT ROOM TYPE ONLINE
<https://womensspiritualretreat.org>

For registration questions contact Lisanne at awsrreg@gmail.com

Text: 704-905-1706

Registration Form

Would you like to be of service? (Circle one)

- Morning Prayer Yoga
- Set-up/Breakdown
- Hospitality Chair Workshop Golf Cart

Name: _____
 Badge Name: _____ Address: _____ City: _____
 ST: ___ Zip: _____
 Phone: _____ Sobriety Date: _____ E-mail: _____

Roommate Name

Accessible room needed? Yes No
 (Accessible rooms are very limited.)

Food allergies:

Golf cart ride needed? Yes No Do you

require a first floor room? Yes No

There are no elevators at BRCC

Use this form or Register online at
<https://womensspiritualretreat.org/>

- Lodge \$235 per person double occupancy
- Limited # of single rooms are \$335
- Cottage (up to 4) is \$210 per person
- Rowe Dorm \$190
- Registration Amount \$
- Early Bird Thurs. (\$60) \$
- Thursday Dinner (\$18) \$
- Friday Breakfast. (\$12) \$
- Friday Lunch (\$16) \$
- Scholarship Contribution \$

Total Amount Enclosed \$

CHECK/MONEY ORDER PAYABLE TO:
 "Women's Spiritual Retreat" and mail with this form to:

Lisanne Smith, 6033 Brace Road
 Charlotte, NC 28211

FIRESIDE SOBRIETY CIRCLE



STRENGTH

KINDNESS

HONESTY

SHARING



CAMP OUT

May 8-11, 2025

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

Bring your CHAIRS, CAMPING GEAR, WARM CLOTHES & BLANKETS, Rain gear, SPONSOR/ 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 Area
NO PETS AT TENT SITES

~NA/AA/Al-Anon Speakers~
~Talking Circles~ Native Teachings
~Meetings, Meetings, Meetings~
~T-shirts/Long sleeve T's~
~SOBRIETY Pow Wow~
~Sobriety Countdown~
"MUCH MORE"

PRE-REGISTRATION: \$55 per PERSON (kids under 10 are FREE, 11-12y/o \$15. and 13-18 \$20). *\$60 at the Gate.*
Price includes food & tent/camper site for three (3) nights Early Registration ends May 1, 2025

NAME(S): _____
ADDRESS: _____
EMAIL(S): _____ / _____
PHONE #: H) _____ (C) _____ (C) _____
In Party: _____ Amount Enclosed: _____

Cut & Mail Registration Form by May 1st
With Checks Made Payable to: Fireside Spring 2025

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



Can't make it to Vancouver? Celebrate in Charlotte, NC instead.

NOT A GLUM LOT ROUNDUP

JULY 3-6, 2025

CHARLOTTE, NC



CELEBRATING 90 YEARS OF AA

Hilton Charlotte University Place - 8629 JM Keynes Drive – Charlotte, NC 28262

Newly Renovated Double or King: \$175+taxes (cutoff 6/17/25)

Refundable one night's deposit required – Hotel Group Code is: GLUM

(Free Buffet Breakfast Included Friday – Sunday mornings)

Hotel Reservations: 704-547-7444

Information, text: Registrar/Treasurer, David H. @ 704-622-3945; Registration Co-Chair, Elaine W. @ 617-388-4808; Roundup Co-Chair Ray W. @ 704-953-8357; or Chair, Betty G. @ 704-491-1519

Registration: \$55.00; **\$60 at the door**

Friday Night BarBQ Buffet: \$60.00

Saturday Night Ice Cream Social: \$20:00

Saturday Night: Red, White and Blue DJ Dance

Speakers

Zel P., Carlos D., Buck R., and Beth R.

Dynamite Workshops

Old-Timers Panel (with 30+ years)

Workshops will be recorded.

Clip and mail registration form with payment to: "Not A Glum Lot Roundup" c/o David Harris, P.O. Box 19081 Charlotte, NC 28219 OR USE PAYPAL QR Code

NOT A GLUM LOT ROUNDUP



[Registration fee is transferable but non-refundable]

Name: _____ Badge Name: _____

Address: _____ City: _____, State: _____ Zip: _____

Phone: _____ Email: _____ Sober Date: _____

Registration: \$55 x _____ Buffet: \$60 x _____ Ice Cream Social: \$20 x _____ Scholarship: \$ _____ AA _____ Al-Anon _____

Volunteer: Greeter Registration Hospitality Raffles Banquet Seating Souvenirs Workshop

SPECIAL NEEDS: _____

SOUVENIRS

Tumbler: \$22 x _____ T-Shirt: \$25 x _____ Hoodie: \$35 x _____ Sizes: _____S _____M _____L _____XL _____2X _____3X

TOTAL AMOUNT ENCLOSED: \$ _____

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 or call 250-390-7401

Website: 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>

* 2025 International Convention logo is an AAWS Service Mark and may ONLY be used with permission from AAWS.

ALCOHOLICS ANONYMOUS
2025 BRIDGING
THE

Workshop
Weekend

GAP

TEMPORARY CONTACTS

September 5th – 7th 2025

Hosted by Area 5

The Greater Los Angeles Area

Sheraton Ontario Airport Hotel

429 N Vineyard Ave Ontario, CA 91764 (909) 937-8000

Room Rates \$155+tax Room Code BTG

The Annual Bridging the Gap Workshop Weekend consists of presentations, discussions, shared experiences and breakout sessions.

PLEASE PRINT CLEARLY

I would like to volunteer to help

Email _____ Service Position _____ Area _____
Name _____ Phone _____
Address _____ City _____ State _____ Zip _____

breakout session topics you would like

Registration

Before July 1st \$50 EarlyBird In-Person Weekend Registration \$50

After July 1st \$60 In-Person Weekend Registration \$60

Saturday Only Day Pass \$40

Saturday Nite Banquet \$50

Online Attendance \$60

Vegetarian

Total Person One \$ _____



Register Online at BTGWW.org or Mail this form to and a check to:

BTGWW 10001 E Evans Ave #62D Aurora, CO 80247