

# Mountain Doin's

March  
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



## A Joyful Free Life

by Jim in Tasmania - Australia

*For this longtimer, sanity is the ability to adjust to reality.  
That's why he stays close and does the deal.*

Sobriety is the most important thing in my life, but I see it as a means rather than an end. Stopping drinking is the prerequisite for recovery, and I know that everything I have would unravel if I started drinking again. But stopping drinking did nothing to help me recover from alcoholism itself.

Let me explain. When I stopped drinking, my life seemed to get worse rather than better for a time before I was able to start working the Steps. I was a high-bottom drunk, and an AA member once told me that if I hadn't been through hell when I was drinking then I was liable to do so in recovery.

That statement scared me at the time, but I can now see that, for someone who hits a really low bottom, sobriety is likely to be an improvement from day one. That wasn't true for me.

When I was new, most of the AA meetings I went to were dominated by people telling drinking stories, and I thought that meant the problem was alcohol and the solution was sobriety. I eventually came to see that sobriety was the problem once I stopped drinking. I now think of recovery as a spectrum. On one end of the spectrum is stark raving madness, a "dry drunk" of restlessness, irritability and discontentedness. On the other end is a happy, joyful and free life lived contentedly in the "fourth dimension." I need to maintain actions and attitudes that keep me near the positive end of the spectrum.

I now see Step One as what we use to diagnose the disease and the other Steps as what we use to treat it, a process that helps us return to sanity or get there for the first time. I see sanity as the ability to adjust to reality.

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## Central Office Positions Still Open

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), along with 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.

### 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.

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# March Grapevine now available!



## Sober and Out

This month's featured section is "Sober and Out." LGBTQ+ AA members share stories of acceptance, tolerance, service, sponsorship and love.

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

## After-hours Phone Volunteers Needed

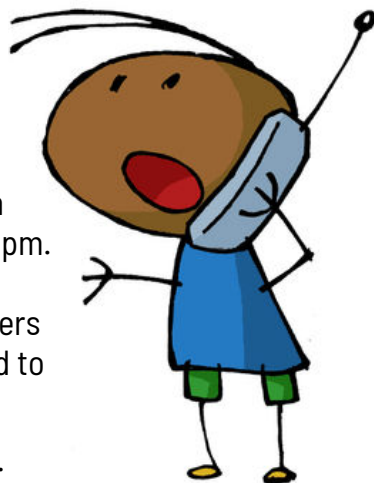
Central Office is looking for volunteers to answer the phone from 1:30pm in the afternoon until 9:30am the next morning. Most nights don't see more than a call or two, rarely after 10 or 11pm. Most callers are interested in meeting information so volunteers should have the internet at hand to access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

One year of sobriety is required.

Information can be found at:

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

Or call Central Office at 828-254-8539.



## WANT TO HELP ANOTHER ALCOHOLIC?

### Give a Gift Subscription

to an alcoholic who needs it.

Great for:

- Prisons • Detoxes • Newcomers • Sponsees
- Doctors' Offices • Group Celebrations
- District and Area Events • Giveaways!

### It's also a great way to support Grapevine & La Viña!

Get your group, district, area or AA friends to join in. Carry the Message, it's easy!

Go to [aagrapevine.org/carry-the-message](http://aagrapevine.org/carry-the-message) to get started and see our new Carry the Message video at [www.youtube.com/c/AAGrapevine](http://www.youtube.com/c/AAGrapevine)

2025  
CARRY  
THE  
MESSAGE  
PROJECT



**AAGRAPEVINE**

## AA Grapevine's Podcasts

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

## Call & Visitor Log January 2025

12 Step Calls - 11  
General Info - 2  
Family Help - 1  
Meeting Info - 24  
Central Office Business - 69  
Medical/Detox - 0  
Visitors - 71  
After-hours calls - 43





Visits to [aancmco.org/](http://aancmco.org/) website:  
Unique Visitors - 3,784  
Total Visits - 9,558; Visits/Visitor - 2.53  
Total Pages - 62,234; Pages/Visit - 6.51







# 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!


We still need to fill the following positions: 12th Step Call Coordinator, Mountain Doin's Editor, and Web Admin. See pages 1 and 4 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 1/31/2024

Prudent Reserve  
\$16,153.33  
Operating Account  
\$19,300.43  
Rent Deposit - \$900.00  
Petty Cash - \$50.00

# Profit & Loss YTD

Jan 2025

## Revenue

### Contributions

Group Contributions	\$4,450.68
Individual Contributions	\$57.09

### Total Contributions

\$4,507.77

Interest on Money Market

\$1.37

### Sales Income

Literature & merchandise	\$2,089.36
Shipping charged to groups	\$49.21

### Total Sales Income

\$2,138.57

## Total Revenue

\$6,647.71

## Cost of Goods Sold

### Cost of Goods Sold

#### Credit Card Processing

PayPal Fee	\$27.94
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#### Total Credit Card Processing

\$27.94

Freight - vendor shipping

\$31.92

Literature & merchandise

\$1,588.96

Shipping to groups

\$49.21

### Total Cost of Goods Sold

\$1,698.03

Inventory Shrinkage

\$145.43

## Total Cost of Goods Sold

\$1,843.46

## Gross Profit

\$4,804.25

## Expenditures

Accountant fees

\$60.00

Office Supplies

\$3.00

### Payroll Expenses

Gross Salary	\$1,565.00
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Payroll Taxes (Company)	\$119.72
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### Total Payroll Expenses

\$1,684.72

Rent

\$900.00

### Telephone & Internet

Office Telephone/Internet

\$139.12

Virtual Meetings

\$15.99

### Total Telephone & Internet

\$155.11

## Total Expenditures

\$2,802.83

## Net Operating Revenue

\$2,001.42

## Net Revenue

\$2,001.42



# Contributions

## Group Contributions:

	Jan 2025
As Bill Sees It Group (Franklin) - 000093648	\$34.80
Back To Basics Group - 000094453	\$100.00
Brevard AA Online - 000453800	\$265.00
Brevard Men's Group - 000096757	\$120.00
Candler K.I.S.S. Group - 000098073	\$132.00
Cashiers Valley Group - 000098360	\$356.64
Cullowhee Valley Group - 000100669	\$100.00
Daily Decisions Group - 000100743	\$844.92
Fellowship Group (Fletcher) - 000104116	\$179.42
H'ville Women's Big Book Step Study Grp - 000110036	\$140.00
Joy Of Living Group - 000112527	\$56.06
Lambda Group - 000007190	\$223.69
Newcomers Group - Flat Rock	\$50.00
Phoenix Group - 000049062	\$76.50
Speed Bump Group - 000053487	\$281.70
St John in the Wilderness Early Bird Grp - 000078454	\$134.00
Waynesville Grace Group - 000022141	\$1,355.95
<b>Total Group Contributions:</b>	<b>\$4,450.68</b>

## Individual Contributions:

	Jan 2025
Anonymous	\$32.09
Shannon K.	\$25.00
<b>Total Individual Contributions:</b>	<b>\$57.09</b>

**Total Contributions: \$4,507.77**

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

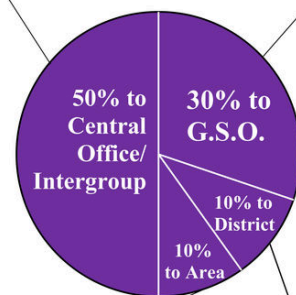
**NOTE: New addresses for Area 51 and District 80**

### 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



## NCMCO Open Positions *(continued from page 1)*

### 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](http://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](http://www.aancmco.org)

#### Purpose

1. Provide an internet site, [www.aancmco.org](http://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.

If you have any questions about these positions, please contact Central Office: (828) 254-8539; [info@ncmco.net](mailto:info@ncmco.net)





## A Joyful Free Life *(continued from page 1)*

I lived in Japan for 20 years before moving to Tasmania to retire. In Japan, what we call mental illness is called “spirit illness,” so I’m thinking that there isn’t a lot of difference between a mental illness and a spiritual one.

One of the first things I learned in AA was that staying sober is a lot easier than getting sober and eventually arriving at a sane, sober life. That reminds me of a Japanese proverb that says, “A wise man climbs Mt. Fuji once.”

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### Welcome Home, Mary

by Mary H. - San Antonio, TX

*A breakup with her girlfriend led to the woman who would help her learn the truth about her drinking.*

My Higher Power (and my therapist) gently guided me to an AA meeting in January of 1997. I was a mess. I had just gone through a breakup and was feeling very sorry for myself. My pride was smashed as my now-former girlfriend had left me for her daughter’s father, who was in prison. I was a working professional woman! What the heck was she thinking?

Up to that point, we were both drinking (mostly) daily. I knew she had a drinking and drug problem. I lied to myself often, thinking that since she drank more than I did that meant I, of course, did not have a problem. I had grown up with older brothers who had problems with drugs and alcohol, and I had sworn that I would not be like them. I was sure I would be able to control my drinking.

What I didn’t mention was that when I was 17, I was caught with an open container of beer at the beach. I had to go before a judge who sentenced me to attend four AA meetings. While at my first meeting I heard a story by my neighbor, which I found pretty entertaining. After the meeting someone gave me some pamphlets. One said something like “You may be an alcoholic if ...” I took that home and studied it, as I was not going to be like my brothers.

For the next 22 years I tried to structure my drinking in such a way that I could fool myself into believing that I didn’t have a problem. I didn’t drink alone. If I couldn’t find anyone to drink with I would go to a bar. I would pretend that I was happy and celebrating something so I could tell myself that I was drinking for a good reason and not because I was lonely or depressed. Also, I didn’t drink before 5:00 p.m. (unless it was the weekend). You get the picture.

That breakup with my girlfriend was enough to smash my ego though. I called an old friend who was in AA now and working with alcoholics in a recovery center. She guided me back to the same therapist I had seen many years before, who at that time had directed me to another Twelve Step program, which I had long since abandoned.

The therapist gave me a choice. I needed to go to three Twelve Step meetings before I saw her again. Only one of

## 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.**



**AVL 12 Step Club St Pat’s Day 11th Anniversary Party. March 16, 1:30-6:00pm.** 1 Kenilworth Knolls, Unit 4, Asheville 28805. See flyer for more details.

**Area 51 Accessibilities Workshop – Episode 3: Childcare and Child Friendly Meetings. March 16, 3:00-5:00pm.** Online Meeting: Zoom ID: 880 1613 0556; Passcode: 934829. For link, go to: <https://aanorthcarolina.org/event/area-51-accessibilities-workshop-series/>



**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.

**3rd Annual Spring Women’s Spiritual Retreat. April 11-13.** Blowing Rock Conference Center, 1818 Goforth Rd, Blowing Rock, NC 28605. For more information and registration, visit their website: <https://womensspiritualretreat.org/>



**Fireside Sobriety Circle Campout. May 8-11.** Yogi in the Smokies Campground, Big Cove Road (317 Galamore Rd) Cherokee, NC 28719. For more details and registration form, see flyer, or contact Herb at 828-506-8563 or [firesidesobriety@gmail.com](mailto:firesidesobriety@gmail.com)

**6th Annual Appalachian Regional Roundup. May 16-18.** The Meadow View Conference Resort & Convention Center, 1901 Meadowview Parkway, Kingsport, TN 37660. For more information, visit their website: <https://www.appalachianregionalroundup.com/>



**90th Annual Founders’ Day - Akron, OH. June 6-8.** Pre-Registration will open March 1 at 9:00am Eastern Time! For more information and registration, visit their website: <https://foundersday.org/>



Can’t make it to Vancouver for the 2025 International Convention? Celebrate in Charlotte instead! **Not a Glum Lot Roundup. July 3-6.** Hilton Charlotte University Place, 8629 JM Keynes Dr, Charlotte, NC 28262. For more information, see flyer or go to the website: <https://www.notaglumlots25.com/>



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



**GSO in New York:** For events around the country and the world, as well as great information, go to: <https://www.aa.org/> and Box 459: [https://www.aa.org/sites/default/files/newsletters/F-36\\_Box\\_459\\_2024\\_Fall\\_0.pdf](https://www.aa.org/sites/default/files/newsletters/F-36_Box_459_2024_Fall_0.pdf)



those could be an Adult Children of Alcoholics meeting. So I went to an ACOA, an AI-Anon and an AA beginners’ meeting. To my surprise, I knew I was home when I was in the AA meeting. It kind of felt like I was with my old friends in the bar. The big difference was that they had big smiles on their faces and they told me to “Keep coming back!”

The following week, I saw my therapist and I told her how I felt in the AA meeting. She handed me a booklet that I had filled out many years before. It was my First Step that I really didn’t remember ever filling out. She said, “Welcome home Mary, we’ve been waiting for you.” That was over 22 years ago, and I’m still happily “at home.”

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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, March 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 their website: <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](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/district-70-accessibilities-committee-meeting-zoom-3/>

**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/district-70-archives-committee-meeting-zoom-3/>

**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](mailto:cpc-pi@ashevilleaa.org)

**Corrections Committee** – Meetings are open at all facilities. They are looking for new volunteers for Buncombe County and Yancey County. There is an orientation at Buncombe County Jail scheduled for **March 11, 4:00pm**, for men and women. (see flyer) For more information or to sign up, please contact Liz or Mitch. The 36th Annual "Freedom from Bondage" Area 51 AA Corrections Conference, **March 21-23**, will be held in Aberdeen, NC. (See flyer or go to the Area 51 website: <https://aanorthcarolina.org/event/36th-annual-freedom-from-bondage/>) For more information about Corrections or to become a volunteer, please contact Liz P, the Women's Corrections Chair, at [corrections\\_women@ashevilleaa.org](mailto:corrections_women@ashevilleaa.org) or Mitch R, the 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** – The new Chairperson is Hannah R. She 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

## District 70 - continued

every month at 7:00pm. For zoom link go to: <https://ashevilleaa.org/event/treatment-bridging-the-gap-committees-meeting-zoom-3/>

**"Bridging the Gap" (with treatment facilities)** – The new Chairperson is Ben B. 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". If you are interested in volunteering, please contact Ben at [bridgingthegap@ashevilleaa.org](mailto:bridgingthegap@ashevilleaa.org). 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, March 8, 9:30am**, at the Hendersonville Group building, 1624 Willow Rd, Hendersonville, NC 28739. All A.A. members are welcome!

They need more volunteers for Henderson County jail and 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](mailto:nc71aa@gmail.com)



## District 80

**GSR Business Meeting** – held quarterly. The next meeting will be on **Sunday, April 13, 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](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

Ann B.	3-04-2024	1 yr
Annie M.	3-07-2023	2 yrs
Deauna	3-08-2024	1 yr
Maria E.	3-29-1992	33 yrs

## Back to Basics Group - Marion

Ronnie C.	4-28-2000	25 yrs
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## Back to Basics Group - Weaverville

Susan S.	3-02-1995	30 yrs
Wally H.	3-22-1994	31 yrs

## Bryson City Group

Dan S.	3-13-1979	46 yrs
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## Candler K.I.S.S. Group

Chris S.	3-12-1992	33 yrs
Bruce R.	3-21-1998	27 yrs

## Conscious Contact

Barbara W.	3-11-1997	28 yrs
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## Daily Decisions Group

Josh D.	3-14-2024	1 yr
Walker T.	3-17-2021	4 yrs

## Fellowship Group

Mariah B.	3-01-1989	36 yrs
William F.	3-05-2023	2 yrs
John Q.	3-07-1989	36 yrs
Gary O.	3-08-2010	15 yrs
Eileen S.	3-15-1992	33 yrs
Lorraine D.	3-31-2019	6 yrs

## Grace Group

Weston B.	3-03-2015	10 yrs
Jacob L.	3-06-2007	18 yrs
Betsy C.	3-13-1995	30 yrs
Dick J.	3-15-1981	44 yrs
Alan D.	3-15-2012	13 yrs
Wesley M.	3-17-2017	8 yrs
Dave G.	3-25-1996	29 yrs
Ethan M.	3-25-2021	4 yrs
Chris M.	3-29-2020	5 yrs

## Hendersonville Group

Jeff C.	3-01-2022	3 yrs
Terry G.	3-27-1979	46 yrs
Kathy B.	3-29-2022	3 yrs
Mike W.	3-31-2013	12 yrs

## Hendersonville Men's Group

Bob I.	3-27-2008	17 yrs
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## Lambda Group

Susan S.	3-02-1995	30 yrs
Kerry W.	3-08-2000	25 yrs
Perry S.	3-24-1987	38 yrs
Bob S.	3-26-1980	45 yrs

## Mars Hill Group

Ed M.	3-17-1974	51 yrs
Stephen M.	3-27-1983	42 yrs

## Motley Crew/Columbus

Wanda Lu	3-06-2007	18 yrs
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## Out to Lunch Bunch

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

Peggy H.	3-04-2010	15 yrs
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## Serenity Now Group

Brad M.	3-08-1983	42 yrs
Doug	2-23-2000	25 yrs
Steve J.	3-26-1986	39 yrs

## Serenity Service Group

Weston B.	3-03-2015	10 yrs
Mike O.	3-03-2024	1 yr
Walter R.	3-04-2024	1 yr
Susan S-M.	3-05-2023	2 yrs
Christopher C.	3-10-2017	8 yrs
Greg Z.	3-11-2022	3 yrs
John O.	3-14-2021	4 yrs
Jeannie K.	3-16-2015	10 yrs
Pam R.	3-18-2013	12 yrs
Bruce N.	3-27-2021	4 yrs

## Sober Sisters of Burnsville

Heather M.	3-01-2016	9 yrs
Lynne D.	3-30-2022	3 yrs

## Sober Sisters of Black Mountain

Peggy H.	3-04-2010	15 yrs
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## Spruce Pine Saturday Morning Group

Shelly P.	3-15-2011	14 yrs
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## Surrender Group - Black Mountain

John B.	3-07-1982	43 yrs
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## Total Surrender Group

Michael O	3-01-2022	3 yrs
Ethon A.	3-09-2022	3 yrs
Steve E.	3-09-2022	3 yrs
Debbie P.	3-10-2024	1 yr
JC	3-11-1992	33 yrs
Pete H.	3-17-1995	30 yrs
Shawn K.	3-21-2019	6 yrs

## Waynesville Grace Group

Mary S.	3-15-2019	6 yrs
Chris W.	3-16-1996	29 yrs

## West Asheville Group

Agnes	3-09-2023	2 yrs
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## Young People's Group

Matthew B.	3-21-2018	7 yrs
Danielle B.	3-05-2016	9 yrs
David R.	3-14-2016	9 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 April newsletter deadline for sending in anniversaries and announcements is March 15.



**Does your group have a**

**COR?**

**(Central Office Representative)**

**What are Central Office Representatives 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/>





DISTRICT 70

# SERVICE KEEPS US SOBER SPEAKERS NEEDED!

We are looking for homegroups to represent one day a month at a treatment center to find speakers for!

Are are currently looking for coverage for:

**ADATC** (Tuesdays & Fridays)

**Neil Dobbins** (Fridays)

**Costello House** (Sundays)

**Transformation Village** (Mondays)

**and First Step Farm** (Tuesdays)

We are also looking to connect with AAs who are unable to sign up for a monthly commitment, but who are willing to speak at treatment centers! They will join our running list of volunteers.

***Interested in joining the Treatment Committee?***

Reach out now!



Email Us!

[treatment@ashevilleAA.org](mailto:treatment@ashevilleAA.org)



# 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](http://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



# BUNCOMBE COUNTY DETENTION CENTER

2025

MARCH 11

4:00PM

LIZ P.  
Corrections\_women  
@ashevilleaa.org

MITCH  
Corrections\_men  
@ashevilleaa.org

PLEASE SEND YOUR:

- SOBRIETY DATE
- FULL NAME
- EMAIL ADDRESS
- PHONE NUMBER

# ORIENTATION

20 DAVIDSON DR, DOWNTOWN AVL  
28801

THE REQUIREMENT FOR BUNCOMBE COUNTY IS ONE  
YEAR CLEAN AND SOBER. TWO YEARS OUT OF THE  
SYSTEM.

**\*a background check is needed**



COME AND JOIN US FOR  
AVL 12 Step Club

Saint Pat's  
Day  
11th Anniversary  
Party

March 16th, 1:30-6:00 PM

1 Kenilworth Knolls

Corned Beef, Cabbage, & Fellowship

Feel free to bring a side or dessert

See you there!



# **Area 51 Accessibilities Workshop Series**

## **Episode 3**

**Childcare and Child Friendly Meetings**

**How to start an  
Accessibilities Committee**

**March 16<sup>th</sup> from 3-5pm**

**Online Meeting  
Meeting ID 880 1613 0556  
Passcode: 934829**

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

**[Workshop Link](#)** 



# 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: \_\_\_\_\_

# 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.

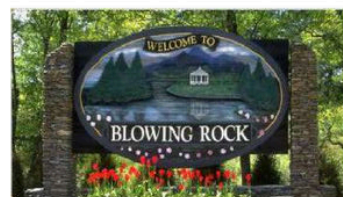


**3<sup>rd</sup> Annual Spring Women's Spiritual Retreat**  
**April 11 – 13, 2025**

**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 11<sup>th</sup>**

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

**REGISTER, SELECT ROOM TYPE ONLINE**

<https://www.womensspiritualretreat.org>

**For registration questions contact Lisanne at [awsrreg@gmail.com](mailto: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://www.womensspiritualretreat.org/](https://www.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**



**Friday**

- 5 pm "Convention Kick-Off Meeting "
- 6-7 pm BBQ BUFFET / WASHERS
- 8 pm AA MAIN SPEAKER  
-Debbie D. Concord, CA
- 9 pm ICE CREAM SOCIAL
- 10 pm YPAA MAIN SPEAKER  
- YPAA Speaker TBD
- 11 pm ACTIVITY presented by YPAA

**Saturday**

- 8:30 am AL-ANON MEETING
- 10-11:15 am TRADITIONS WORKSHOP  
-Debbie D and Marilyn S
- 12 pm AL-ANON LUNCHEON
- 1 pm AL-ANON MAIN SPEAKER  
-Jenny P Valrico, FL
- 3 pm ALL SPEAKERS PANEL: RULE 62
- 4:30 pm AL-ANON MEETING
- 6:30 pm BANQUET DINNER  
-Table Trivia  
-Sobriety Countdown
- 8 pm AA MAIN SPEAKER  
Scott T. Coldbrook, NY
- 9:30 pm Activities/ DJ / Dancing

**Sunday**

- 9 am BREAKFAST BUFFET
- 10 am AA MAIN SPEAKER  
- Marilyn S. Los Angeles, CA

**AL-ANON and YOUNG PEOPLE in AA PARTICIPATION**

**17<sup>th</sup> ANNUAL  
SPRING FLING CONVENTION  
April 25 - 27, 2025  
"RULE 62"**

**Hilton St. Louis Airport**

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

**FREE PARKING!**

**\*Mention Spring Fling code: SPR**

**For Special Reduced Room Rate of \$99 + tax**



**TO REGISTER & BOOK YOUR REDUCED ROOM RATE VISIT:**

[www.springflingstl.com](http://www.springflingstl.com)



\*Reserve room early before all rooms are sold out and/or reduced rate ends April 14

**ARCHIVES, HOSPITALITY & MERCHANDISING ROOMS,  
MARATHON MEETINGS and OUR "ZEN DEN"  
ARE OPEN ALL WEEKEND!!**

**MAIL IN REGISTRATION FORM**

**Please complete and mail to Spring Fling Convention, PO Box 22002, St. Louis, MO 63126**

Complete a separate form for each additional registration, which is REQUIRED FOR ADMITTANCE.

Make checks/money orders payable to Spring Fling Convention -To sit together, please submit together: 10 people per table

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

Phone: \_\_\_\_\_

AA \_\_\_\_\_ Al-Anon \_\_\_\_\_ YPAA \_\_\_\_\_

Entering information below gives permission to receive mailings and/or newsletters from the Spring Fling Only.

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

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

City

State

Zip

Pre-Registration \$25 \_\_\_\_\_

Door Registration \$30 \_\_\_\_\_

Friday Night BBQ \$20 \_\_\_\_\_

Friday Night Ice Cream Social \$10 \_\_\_\_\_

Al-Anon Luncheon Saturday \$30 \_\_\_\_\_

Banquet Saturday Night \$50 \_\_\_\_\_

Steak \_\_\_\_\_ Chicken \_\_\_\_\_ Veg \_\_\_\_\_

Sunday Breakfast Buffet \$20 \_\_\_\_\_

Hospitality / Scholarship Donation \$ \_\_\_\_\_

Total Amount to be Paid \$ \_\_\_\_\_

Cut-off for mail-in registration is April 15, 2025

Please list any special needs here: \_\_\_\_\_

For more info email: [springflingconvention@yahoo.com](mailto:springflingconvention@yahoo.com) Registration Chair: Liz C. 314-479-3560



# 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](mailto: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



# Founders' Day Registration Form | online at [www.foundersday.org](http://www.foundersday.org)



Everyone must be registered, including children. All registrations must be postmarked by May 15, . **NO EXCEPTIONS!**

Name (please print clearly) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( \_\_\_\_\_ ) \_\_\_\_\_ E-mail address\* \_\_\_\_\_

\* If you provide an e-mail address, you will get confirmation via e-mail only!

Check for special needs - handicapped.  
Handicapped parking will be strictly enforced.

Hearing Impaired- ASL Interpreter Requested

All beds are at a fixed height of 42 inches. The University of Akron **CANNOT** adjust bed height.

**\*INDIVIDUAL FORMS  
REQUIRED FOR EACH  
PACKAGE PLAN\***

Onsite registration closes at 6:00 pm Saturday, **NO EXCEPTIONS!**

**Basic Registration** \$35 x QTY = \$ \_\_\_\_\_ TOTAL

(Basic Registration will be \$45 on site conference weekend)

**INCLUDES ADMISSION TO ALL MEETINGS.**

**MUST** have a picture I.D. for pickup.

**Package Plan A** \$300 = \$ ONE ONLY

Sex: M  F

**BASIC REGISTRATION INCLUDED.**

Includes admission to all meetings, meals, room, and bus tour.

Report directly to designated dormitory to pick up weekend package and room key.

You must have a picture I.D. to pick up your reservation package.

All rooms and buildings at the university are non-smoking.

**Package Plan B** \$225 = \$ ONE ONLY

Sex: M  F

**BASIC REGISTRATION INCLUDED.**

**PLAN B DOES NOT INCLUDE MEALS.**

Includes all items in Package Plan A *except* meals.

Rooming with: \_\_\_\_\_

\_\_\_\_\_

MEALS		QTY	TOTAL
SATURDAY	Breakfast	\$22 x _____ = \$ _____	
	Lunch	\$27 x _____ = \$ _____	
	Dinner	\$40 x _____ = \$ _____	
SUNDAY	Breakfast	\$22 x _____ = \$ _____	
SPECIAL DIETARY NEEDS — <input type="radio"/> Diabetic <input type="radio"/> Vegan <input type="radio"/> Vegetarian <input type="radio"/> Gluten-Free			

MOTORHOME SITE FEES		QTY	TOTAL
<b>NO TENT CAMPING!</b>	RV Site Tag (no hook-ups available)	\$40 x _____ = \$ _____ per site/whole weekend	
Each RV must have a <b>Site Tag</b> to set up.			
<b>ABSOLUTELY NO PETS OR FIRES!</b>			<b>REGISTRATION TOTAL</b> \$ _____

PAYMENTS MUST BE IN U.S. DOLLARS ONLY.  
MAKE CHECKS / MONEY ORDERS PAYABLE TO:

**Akron Intergroup**  
PO Box 12  
Akron, OH 44309-0012

REFUNDS requested in writing only by mail or email  
and postmarked / received prior to May 15, 2025.  
[treasurerfd@akronaa.org](mailto:treasurerfd@akronaa.org)

PAYMENT METHODS FOR MAIL IN REGISTRATION:

CHECK  MONEY ORDER

All Credit Card payments must be made online at [www.foundersday.org](http://www.foundersday.org).  
Click on the Founders' Day link and follow the instructions.

**NEW!**

**Introducing the *guidebook* app for Founders' Day 2025!**

This app will serve as a companion to the printed program, offering a variety of useful features, including:

- Real-time notifications for inclement weather or other unexpected updates.
- Digital access to the event schedule and campus maps.
- Details about historical sites, donation opportunities, and on-campus dining options.

For more information, visit the Founders' Day website: <https://foundersday.org/>





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: \$ \_\_\_\_\_**



**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.





# 29<sup>th</sup> Annual Southeast Woman to Woman Conference "Secrets Women Don't Share"

A Conference for Sober Alcoholic Women with Al-Anon Participation  
No children allowed in conference rooms



## August 22-24, 2025, Virginia Beach, Virginia

Holiday Inn Virginia Beach-Norfolk  
5655 Greenwich Road, Virginia Beach, Virginia 23462

### RESERVATIONS

Room rates through July 29, 2025:

- King, \$149 + tax
- Double, \$159 + tax

Breakfast is not included.

To make reservations,

- Call (800) 567-3856 and use code **SWW**
- Register online at <https://bit.ly/SEW2W-VB-Hotel>

### REGISTRATION

Conference registration:  
**\$65** through March 31, 2025  
**\$70** April 1-July 18 and on-site.

Registration is transferable but **NOT** refundable.



- Register online at [www.SEWomantoWoman.org](http://www.SEWomantoWoman.org)
- Complete attached registration form and mail registration form and check payable to **Southeast Woman to Woman** to:  
SEW2W  
C/O Diane Stabinski  
P.O. Box 15031  
Chesapeake, VA 23328

### CONFERENCE CONTACTS

Chair: Tracy U. (757) 381-4124 [sew2w2020@gmail.com](mailto:sew2w2020@gmail.com)  
 Co-Chair: Natalie S. (757) 348-8459 [Natalie.sew2w25@gmail.com](mailto:Natalie.sew2w25@gmail.com)  
 Registration: Rebecca M. (757) 515-3684 [sew2w2012@gmail.com](mailto:sew2w2012@gmail.com)

### REGISTRATION FORM

Name: \_\_\_\_\_ Badge Name: \_\_\_\_\_  
 Check:  AA, Sobriety Date: \_\_\_\_\_  Alanon  
 Address: \_\_\_\_\_ City: \_\_\_\_\_  
 State/Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_ Are you willing to volunteer?  Yes  No  
 Any special needs? \_\_\_\_\_

--- Please select items below ---

#### Registration Fee (Required, check one):

\$65 (until March 31, 2025)  \$70 April 1-July 18 and on site

Scholarship Donation (not required): \$ \_\_\_\_\_

#### Souvenirs

Tumbler, \$21

Tote, \$25

T-Shirt, \$25, specify style and size:

Style:  Women's  Unisex

Size:  Small  Medium  L  XL  2XL  3XL (unisex only)  Bundle

(1 Tumbler, 1 Tote, and 1 T-Shirt), \$65, specify T-Shirt style and size:

T-Shirt Style:  Women's or  Unisex

Size:  Small  Medium  L  XL  2XL  3XL (unisex only)

#### Events

Sunshine & Sundresses Banquet, \$75

Optional dress code: Sundress or Best Sunny Day attire

Colors: Ocean blue, Pale yellow, Fern green

Beach Tour, \$25

Aquarium Tour, \$35

TOTAL AMOUNT ENCLOSED: \$ \_\_\_\_\_

ALCOHOLICS ANONYMOUS  
2025 BRIDGING  
THE

Workshop  
Weekend

GAP

TEMPORARY CONTACTS

September 5<sup>th</sup> – 7<sup>th</sup> 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](http://BTGWW.org) or Mail this form to and a check to:

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