

Mountain Doin's

May 2025

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

Whooooole Bunches of Love

by Matthew C. - Coram, NY

Diving into service and YPAA events—with lots of hugs—is an experience he says you must not miss.

It was May 1996. I was 19 years old and had just woken up from what would be my last drunk. My first thought was, What happened to my promise that I wouldn't drink last night? And yet again, here I was with a hangover.

I ran through the evening in my head. Everyone around me—anyone who was left in my life that is—was telling me I had a drinking problem.

When I made that promise as I left for the party I meant it. However about 35 minutes into my drive, I thought, if I buy a six pack and have one beer an hour I can show everyone that I can control my drinking and prove them all wrong.

It did not go as planned. There I was hungover again and confused as to why I couldn't a) not drink, or b) control it. As I sat on the bed that morning I had a moment of clarity. I could clearly see things for what they really were—I was an alcoholic. What a crushing blow. I had grown up in a family of alcoholics and always promised myself I would not become one. But here I was.

I went to an AA meeting. I did not know the nature of my problem, nor did I have a solution. It was when I finally got a sponsor that I learned about the mental obsession and the physical allergy. He told me the only thing that could solve my problem was a spiritual awakening. He further explained to me that the spiritual awakening would come by working the Steps. So right away we launched on a course of vigorous action. How lucky I was.

When I first came into AA I didn't have a lot of friends. But amazingly, once I started going to a lot of meetings, I suddenly had a social calendar filled with things to do. Members took me mountain biking and bowling and we even played softball. At some point though it seemed as if something was missing.
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Central Office is open
Monday-Friday 10am-1pm

(828) 254-8539
24/7

info@ncmco.net
aancmco.org



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Central Office Positions Still Open

The Board is still in need of a 12th Step Call Coordinator (Marcos C had 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, May 8, 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. Works 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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May Grapevine now available!



Young and Sober

This month's featured section is "Young and Sober." Members who got to AA at an early age share hopeful stories about getting involved in service and events, making friends, and enjoying a sober life.

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

AA Members: submit your stories, articles or poems!

Do you have a personal story, a poem or an interesting article you would like to see published in the Mountain Doin's?

Send it to us by the 15th of the month in order for us to include it in the following month's newsletter (i.e. January 15 for the February issue). Stories and articles can be up to about 600 words in length. Please include copyright information if the article contains quotes or portions that have been published in a book (i.e. "Alcoholics Anonymous, 4th edition, page ??") or magazine (i.e. "From the (date) Grapevine")

Submissions can be mailed to: NCMCO, 70 Woodfin Pl, Suite 212, Asheville, NC 28801, or emailed to: info@ncmco.net

If you have any questions give us a call: 828-254-8539. We look forward to hearing from you!

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.

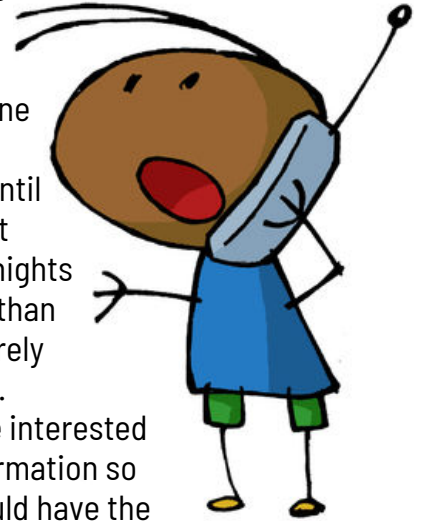
One year of sobriety is required.

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.



Call & Visitor Log March 2025

12 Step Calls - 6
General Info - 1
Family Help - 6
Meeting Info - 14
Central Office Business - 86
Medical/Detox - 0
Visitors - 65
After-hours calls - 48

Visits to aancmco.org/ website:
Unique Visitors - 7,681
Total Visits - 19,929; Visits/Visitor - 2.78
Total Pages - 89,422; Pages/Visit - 4.49



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, May 8, 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 3/31/2024

Prudent Reserve
\$16,155.94

Operating Account
\$15,080.00

Rent Deposit - \$900.00

Petty Cash - \$50.00

Profit & Loss YTD

	Mar 2025	Jan-Mar 2025 (YTD)
Revenue		
Contributions		
Group Contributions	\$829.31	\$8,250.16
Individual Contributions	\$29.82	\$115.34
Total Contributions	\$859.13	\$8,365.50
Interest on Money Market	\$1.37	\$3.98
Sales Income		
Literature & merchandise	\$2,623.28	\$7,834.68
Shipping charged to groups	\$80.70	\$161.45
Total Sales Income	\$2,703.98	\$7,996.13
Total Revenue	\$3,564.48	\$16,365.61
Cost of Goods Sold		
Cost of Goods Sold		
Credit Card Processing		
PayPal Fee	\$25.97	\$86.08
Total Credit Card Processing	\$25.97	\$86.08
Freight - vendor shipping	\$18.29	\$63.21
Literature & merchandise-COGS	\$2,088.95	\$6,333.39
Shipping to groups	\$78.97	\$159.72
Total Cost of Goods Sold	\$2,212.18	\$6,642.40
Inventory Shrinkage	\$110.30	-\$27.61
Total Cost of Goods Sold	\$2,322.48	\$6,614.79
Gross Profit	\$1,242.00	\$9,750.82
Expenditures		
Accountant fees		\$60.00
Office Supplies	\$15.83	\$237.28
Payroll Expenses		
Gross Salary	\$1,600.00	\$4,765.00
Payroll Taxes (Company)	\$122.40	\$364.52
Total Payroll Expenses	\$1,722.40	\$5,129.52
Rent	\$900.00	\$2,700.00
Telephone & Internet		
Office Telephone/Internet	\$89.12	\$267.36
Virtual Meetings	\$15.99	\$47.97
Web Expenses		\$21.17
Total Telephone & Internet	\$105.11	\$336.50
Total Expenditures	\$2,743.34	\$8,463.30
Net Operating Revenue	-\$1,501.34	\$1,287.52
Other Expenditures		
Excess Funds Spent (table & chairs, color printer, speakers, library cart & magazine rack)	\$1,113.67	\$1,113.67
Total Other Expenditures	\$1,113.67	\$1,113.67
Net Revenue	-\$2,615.01	\$173.85



Group Contributions:	Mar 2025	YTD
Acceptance Group 000092265		\$243.00
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
Brevard Serenity Group - 000096758		\$329.00
BYOC - Bring Your Own Coffee Group - 000409871	\$31.00	\$31.00
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
Good Livers Group - 000107590		\$400.00
Hendersonville Group - 000110033	\$150.00	\$150.00
Hendersonville Men's Group - 000044576	\$50.00	\$50.00
H'ville Women's Big Book Step Study Grp - 000110036		\$140.00
Hey Girl, Surrender Group - 000392207		\$250.00
Joy Of Living Group - 000112527		\$56.06
Lambda Group - 000007190		\$223.69
Leicester Group - 000009461		\$220.37
Mars Hill Group - 000017945	\$225.00	\$225.00
Mountainview Group - 000027730		\$76.00
Newcomers Group - Flat Rock		\$50.00
Noontime Big Book Study Group - 000409637		\$101.08
Phoenix Group - 000049062	\$57.50	\$180.00
Pine Grove Group		\$100.00
Practicing Principles Group - 000051260	\$62.29	\$62.29
Safe And Sound Women's Group - 000060517		\$203.16
Saturday Morning Men's Meeting	\$75.00	\$75.00
Sober Sisters Group (Flat Rock) - 000073208		\$311.56
Speed Bump Group - 000053487		\$281.70
Spruce Pine Group - 000077533		\$250.00
St John in the Wilderness Early Bird Grp - 000078454		\$134.00
The Open Meeting Group - 000418805	\$128.50	\$128.50
The Out To Lunch Bunch Group - 000408968		\$150.00
Tuesday 12 X 12 Skyland Group - 000012529		\$80.00
Waynesville Grace Group - 000022141		\$1,355.95
Women of Courage Group - 000036989		\$210.00
Women's Way Group 000513711	\$50.02	\$50.02
Total Group Contributions:	\$829.31	\$8,250.16
Individual Contributions:	Mar 2025	YTD
Anonymous	\$4.82	\$40.34
Shannon K.	\$25.00	\$75.00
Total Individual Contributions:	\$29.82	\$115.34
Birthday Contributions:	Mar 2025	YTD
	\$0.00	\$0.00
Total Birthday Contributions:	\$0.00	\$0.00
Total Contributions:	\$859.13	\$8,365.50

Contributions

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

Revised for 2025

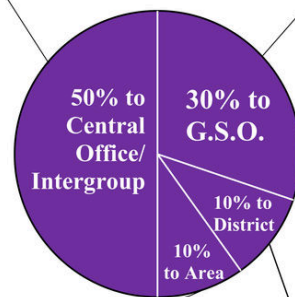
NOTE: New addresses for Area 51 and District 80

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 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.

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



Whooooole Bunches of Love

(continued from page 1)

I still did not feel like I was "a part of" exactly. Luckily my sponsor stepped in. He explained that what was missing was doing service. I needed to start giving of myself without getting something in return.

And again, God did for me what I could not do for myself. There just happened to be a group of active sober people in our area trying to put in a bid for a Young People's AA event that was not yet in existence. I got the opportunity to join them on the bid committee. After a lot of work, we won the bid and were then tasked with organizing the first NCCYPAA (North Carolina Conference of Young People in AA) in 1997.

After months of organizing and planning, NCCYPAA I was a big success. Not only was it North Carolina's first YPAA event, but it was also my first YPAA event. What a blast! To see so many young people celebrating recovery together made being young in AA seem less awkward and incredibly enjoyable. I can still remember the crowd shouting, "We love you lots and lots and lots and whoooooole bunches," after each speaker. And I'll never forget all the hugs! I saw for myself what the Big Book means when it says, "... this is an experience you must not miss."

After that experience, my life really took off. I started sponsoring others. That was amazing. To be able to be a part of someone else's spiritual awakening is truly a blessing. To be able to help others get from Step One to Step Twelve and then watch them in turn help other alcoholics gave my life a new meaning altogether.

It's now nearly 25 years later. I can look back and see just how God and AA changed this person who walked in the doors of AA that day in May of 1996.

At four years sober, I got to graduate college and begin a career, rather than just hold a job. At eight years sober, I was able to get married and buy a house (the house was actually my parents' house, one that I was nearly thrown out of due to my drinking). At 11 years sober, I changed careers (and it was so nice to leave rather than be fired for a change).

But the most life-changing events in my sobriety happened in my 15th and 19th years. That's when my children were born. Nothing has taught me how to be more selfless than being a parent. I get to watch my children grow up in a sober household. I grew up with an alcoholic parent, and all I saw was how the whole family suffered. My children get to see that people can recover from alcoholism.

My children understand that I go to meetings with other people who used to drink a lot but who are now not drinking. They know we trust in a Higher Power and help each other. One night, my daughter saw my Big Book on the desk and looked at me and said, "Daddy, you're going to a meeting?" I love that my kids can associate the two.

Years ago when I was just a young kid, I sat on that bed feeling confused and puzzled as to why I was unable to not drink. Now at 44 I wake up every morning absolutely knowing why. I'm an alcoholic. I also know how to treat it through spiritual means. Each day is a day I get to be of maximum service to God and those around me. And that can't happen if I'm not sober.



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Special Meetings and Events

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



Long-Timers Panel & Ice Cream Social. Sunday, May 4, 1:00-4:00pm.

Sponsored by District 70 & The Archives Committee. West Asheville Park, 198 Vermont Ave, Asheville 28806. See flyer for more details.

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 firesidesobriety@gmail.com

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



Hendersonville Group's "Eating Meeting." Saturday, May 17. Eating starts at 5:00pm; Speaker Meeting starts at 7:00pm. 1624 Willow Rd, Hendersonville 28739 (across from Valley Hill Fire Dept). See flyer for more information.

Memorial Day BBQ. Sunday, May 25, 1:30-6:00pm. Hot dogs, hamburgers and soda provided; feel free to bring your favorite side dish. AVL 12 Step Club, 1 Kenilworth Knolls, #4, Asheville 28805

TCYPAA. May 30-June 1. Edgewater Hotel & Conference Center, Gatlinburg, TN. For more information and registration, visit their website: <https://tcypaa2025.com/>



90th Annual Founders' Day - Akron, OH. June 6-8. For more information, visit their website: <https://foundersday.org/>



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



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 visit their website: <https://www.notaglumlots.com/>



GLIZZYPAA 2.0 - WNCCYPAA Hot Dog Event. Saturday, July 5, 2:00-5:00pm. Malvern Hills Park Picnic Shelter, 75 Rumbough Pl, Asheville 28806. See flyer for more details.

78th NC State Convention - Courage to Change. August 7-10. Hilton Raleigh North Hills, 3415 Wake Forest Rd, Raleigh, NC 27609. For more information see flyer or visit the website: <https://www.aanconvention.com/>



29th Annual Southeast Woman to Woman Conference. August 22-24. Holiday Inn Virginia Beach-Norfolk, 5655 Greenwich Rd, Virginia Beach, VA 23462. For more information see flyer or visit the website: <https://www.sewomantowoman.org/>



Bridging the Gap Workshop. September 5-7. Hosted by Area 5 - The Greater Los Angeles Area. Sheraton Ontario Airport Hotel. 429 N Vineyard Ave, Ontario, CA 91764. For more information see flyer or visit the website: <https://www.btgww.org/>



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



GSO in New York: For events around the country and the world, as well as great information, go to: <https://www.aa.org/> and Box 459: https://www.aa.org/sites/default/files/newsletters/F-36_winter2025.pdf



The Service Express

District 70

GSR Business Meeting – held the 2nd Sunday of the month. The next meeting will be **Sunday, May 11, 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 make sure your A.A. group or event 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-5/>

Archives Committee – The 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-5/> Join us for the **Long-Timers Panel and Ice Cream Social, Sunday, May 4, 1:00-4:00pm**. See flyer for more details.

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 are open at all facilities. They are looking for new volunteers for Yancey County. There is an orientation at Western Correctional Center for Women's (WCCW) scheduled for June 2nd and at Buncombe County Correctional Facility also in June. They are looking for new volunteers for both facilities. They went to the Freedom from Bondage Conference in March in Aberdeen, NC, a well-attended event. The conference was very inspiring and educational. For more information about Corrections or to become a volunteer, please 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 – The 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 – Technology Committee – Chairperson is George M. If anyone is having trouble getting a hybrid or online-only meeting going or having technical issues, please reach out to George at technology@ashevilleaa.org and he can offer support.

Treatment Facilities Committee – The Chairperson is Hannah R. She can be reached at treatment@ashevilleaa.org. It's all about bringing the message of recovery to alcoholics in treatment facilities. 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-5/> **“Bridging the Gap” (with treatment facilities)** – The new Chairperson is Monica. This is a Temporary Contact Program, which

District 70 - continued

is designed to help the alcoholic in a treatment facility make that transition from “inside” the program to life on the “outside”. They are meeting in April to come up with a plan for giving presentations about Bridging the Gap to different treatment centers. They also have new pamphlets in both English and Spanish that they will distribute. If you are interested in volunteering, contact Monica at bridgingthegap@ashevilleaa.org 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, May 10, 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



District 80

GSR Business Meeting – held quarterly. The next meeting will be **Sunday, July 13, 1:30pm**. All GSRs: Please plan to attend! 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 meeting. Check their website for meeting updates and links: <http://aawnc80.com>



NOTE to all District DCMs and Committee Chairs:

Please send me updates that you would like included in the next issue of the *Mountain Doin's*. If possible I would like to have the information by the 15th of the month. Email: pam@ncmco.net Much appreciated!

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

Matt V.	5-15-2022	3 yrs
Mike A.	5-19-2011	14 yrs
Jennifer E.	5-26-2013	12 yrs
Jim S.	5-28-1983	42 yrs
Mary Jane F.	5-29-2013	12 yrs

Around the Room Group

Phillip K.	5-28-2011	14 yrs
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Back to Basics Grp - Weaverville

Elliot M.	5-08-2017	8 yrs
Natasha	5-13-2018	7 yrs
Doug C.	5-20-2014	11 yrs

Black Mountain Group

Ed A.	5-18-2022	3 yrs
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Conscious Contact

John Paul	5-01-1984	41 yrs
Katrinka S.	5-04-2007	18 yrs
Lisa S.	5-06-2019	6 yrs
Caren B.	5-09-2021	4 yrs
James B.	5-10-2020	5 yrs
Mary R.	5-11-2011	14 yrs
Laura C.	5-14-2021	4 yrs
Ed M.	5-15-2022	3 yrs
Damon D.	5-15-2017	8 yrs
Kelly J.	5-19-2022	3 yrs
George B.	5-25-2000	25 yrs
Patti S.	5-29-2021	4 yrs

Cumberland Group

John R.	5-03-2016	9 yrs
Rusty M.	5-10-1983	42 yrs
Tom H.	5-27-2006	19 yrs
Beth H.	5-28-2012	13 yrs

Daily Decisions Group

Tobias E.	5-01-2014	11 yrs
Joyce W.	5-04-2014	11 yrs
Patsy	5-06-2021	4 yrs
Marcos C.	5-08-2019	6 yrs
Heather W.	5-12-2020	5 yrs
Joe S.	5-13-2007	18 yrs
Graham G.	5-15-2014	11 yrs
Bryn H.	5-30-2023	2 yrs

Fellowship Group

Michael A.	5-08-2018	7 yrs
Jennifer L.	5-10-2022	3 yrs
Ford K.	5-19-2024	1 yr
Jill P.	5-22-2024	1 yr
Susan S.	5-27-1988	37 yrs
Shannon P.	5-31-2020	5 yrs

Good Livers

Larry	5-01-2016	9 yrs
Deborah R.	5-05-2022	3 yrs
Marianna	5-09-2011	14 yrs

Grace Group

Erin C.	5-05-2017	8 yrs
Danny D.	5-08-2006	19 yrs
Arlie S.	5-12-2012	13 yrs
Pete S.	5-15-1977	48 yrs
Dave B.	5-17-1987	38 yrs
Laura H.	5-18-2021	4 yrs
Ed H.	5-20-2005	20 yrs
Lorin K.	5-23-2019	6 yrs
Charles W.	5-24-1997	28 yrs
Stephan A.	5-24-2021	4 yrs
Shirley E.	5-27-1985	40 yrs
Mark T.	5-28-2019	6 yrs
Kerry S.	5-29-2009	16 yrs
Garrett C.	5-30-1993	32 yrs
Mike H.	5-30-2015	10 yrs
Sarah Mc.	5-30-2016	9 yrs

Hendersonville Group

Clay T.	5-03-2024	1 yr
Cheyenne I	5-22-2024	1 yr
John L.	5-29-1994	31 yrs

Hendersonville Men's Group

David L.	5-07-1991	34 yrs
Gary C.	5-07-1992	33 yrs
Mike M.	5-13-2020	5 yrs
Linn B.	5-15-1996	29 yrs
David C.	5-23-2021	4 yrs

Hey Girl, Surrender Group

Mira S.	5-17-1993	32 yrs
Elizabeth M.	5-18-2003	22 yrs

Lambda Group

Brad B.	5-01-1996	29 yrs
Emily S.	5-04-2010	15 yrs
Gerri F.	5-09-2005	20 yrs
Sarah H.	5-10-2021	4 yrs

Library Group

Michael B.	5-09-1986	39 yrs
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Mars Hill Group

BJ T.	5-11-1989	36 yrs
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Motley Crew/Columbus

Andrew D.	5-15-2014	11 yrs
Brock	5-28-1991	34 yrs

Out to Lunch Bunch

Beth N.	5-12-1997	28 yrs
Mark M.	5-14-1986	39 yrs
Reed O.	5-18-1986	39 yrs
Mark T.	5-25-2012	13 yrs

Phoenix Group

Roger D.	5-13-2001	24 yrs
Anny B.	5-17-1988	37 yrs

Practicing Principles Group

Paula B.	5-11-2001	24 yrs
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Serenity Service Group

Corey F.	5-03-2017	8 yrs
Dylan H.	5-05-2017	8 yrs
Christine G.	5-07-2000	25 yrs
Dave P.	5-08-2024	1 yr
Avery L.	5-07-2016	9 yrs
Gretchen D.	5-16-2024	1 yr
Jessie	5-22-2012	13 yrs

Surrender Group - Black Mountain

John M.	5-09-1991	34 yrs
Ed A.	5-18-2022	3 yrs

Total Surrender Group

Rick C.	5-02-2019	6 yrs
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Traditional Group

Jay R.	5-10-2020	5 yrs
Ryan C.	5-10-2021	4 yrs
Eugene P.	5-11-1991	34 yrs

Waynesville Grace Group

Cathy S.	5-06-1996	29 yrs
Marsha B.	5-10-1976	49 yrs

Young People's Group

Peter T.	5-17-2023	2 yrs
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Need to update your Group's anniversary list? Call Central Office: (828) 254-8539 or send a new list to: info@ncmco.net
The June newsletter deadline for sending in anniversaries and announcements is May 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/>



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



ICE CREAM SOCIAL

WEST ASHEVILLE PARK

**SUNDAY
MAY 4TH**

**1:00- 4:00
PM**

LONG-TIMERS PANEL



**John G. 44 years
Sal L 31 years
Michele P. 33 years
Dave G. 29 years**

Learn about A. A.
History from those
living it

THERE WILL
BE AN
**ASK IT
BASKET**
PROVIDED
SO BRING
QUESTIONS
FOR THE
PANEL
PAPER
PROVIDED



FREE ICE CREAM & FELLOWSHIP

**198 VERMONT AVE
ASHEVILLE, NC 28806**



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

Hendersonville Group's *'Eating Meeting'*

Saturday, May 17, 2023
Eating starts at 5pm

Speaker Meeting starts 7pm
Guest Speaker:
Polly from Charlotte

**Bring some food you would like to share
with friends and family**



1624 Willow Road, Hendersonville, NC
Across from Valley Hill Fire Department



BRING YOURSELF TO THE
AVL 12 STEP CLUB

MEMORIAL DAY

Hot Dogs, Hamburgers
& Soda Provided

Feel free to bring your
favorite side

BBQ

1 Kenilworth Knolls, #4

SUNDAY MAY 25TH

1:30 - 6 PM



Knoxville is hosting...

**"...THE
BRIGHT
SPOT OF
OUR
LIVES."**

p.89 BB

TCYPAA

**TENNESSEE CONFERENCE OF YOUNG PEOPLE
IN ALCOHOLICS ANONYMOUS**

May 30 - June 1 2025

Edgewater

Hotel & Conference Center

Downtown Gatlinburg, Tennessee

**Registration
now open!!**

tcypaa2025.com



**call to
ACTION!**

Service work and outreach needed

**TCYPAA 2025 HOST COMMITTEE MEETINGS
SUNDAYS AT 1:30 PM**

**FOR MORE INFORMATION ON HOW TO BE OF SERVICE
AND LOCATION OF MEETINGS:**

CALL/ TEXT: (865) 599-6394

EMAIL: tcypaa2025@gmail.com



Founders' Day Registration Form | online at 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
NO TENT CAMPING! Each RV must have a Site Tag to set up. ABSOLUTELY NO PETS OR FIRES!	RV Site Tag (no hook-ups available) \$40 x _____ = \$ _____ per site/whole weekend	
REGISTRATION TOTAL \$ _____		

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

PAYMENT METHODS FOR MAIL IN REGISTRATION:

CHECK MONEY ORDER

All Credit Card payments must be made online at 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: \$ _____



Language of the Heart
Lenguaje del corazón
Le langage du cœur



2025

A.A. INTERNATIONAL CONVENTION

Join your friends in Vancouver,
British Columbia, Canada
July 3-6

HIGHLIGHTS INCLUDE...

- ▶ Thursday Night Block Party
- ▶ Flag Ceremony
- ▶ Stadium Meetings
- ▶ Old Timers Meeting


AND MORE...including 250+ meetings,
hospitality suites, and a full slate of
panels and workshops

**THERE'S STILL
TIME TO
REGISTER!**

REGISTER NOW



LEARN MORE

aa.org/international-convention 

2025ic@aa.org 

Alcoholics
Anonymous®

Western North Carolina Committee of Young People in AA presents:

GLIZZY PAA 2.0

A WNCYPAA HOT DOG EVENT

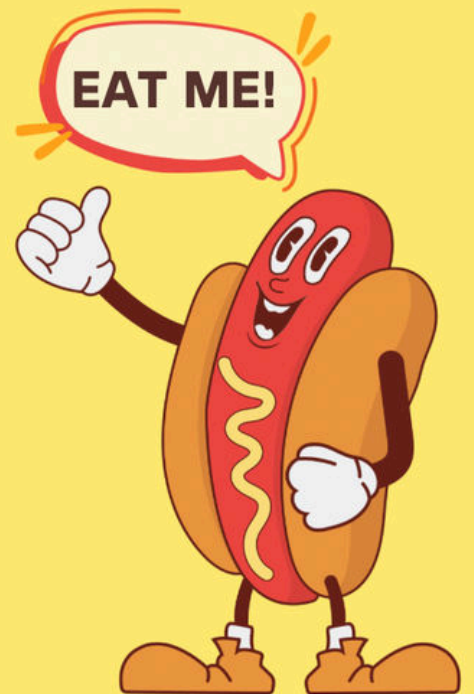
**SAT
JULY
5th**

**2PM
to
5PM**

**Malvern Hills Park
Picnic Shelter
75 Rumbough Pl
Asheville, NC**

\$5

Hot dogs, chips,
& cold brew!



2PM | Food & Fun

3PM | Speaker Meeting

**4PM | Glizzy Gobble
Contest 🌭**

*\$10 to enter the hot dog eating contest.
Winner gets the pot & all the clout, plus
FREE registration to our annual campout!*

We accept:
venmo
PayPal
zelle

PICKLEBALL COURT • GAMES • 50/50 RAFFLE

ADMIT ONE

AANC Area 51 Presents

The 78th North Carolina State Convention

Save the Date!



AUG 7-10, 2025

Hilton Raleigh North Hills
Raleigh, NC

MORE INFO



WWW.AANCCONVENTION.COM





29th 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
- 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.
Co-Chair: Natalie S.
Registration: Rebecca M.

sew2w2020@gmail.com
Natalie.sew2w25@gmail.com
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 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

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