

# Mountain Doin's

## January 2026

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

## Service Helps Keep Me Sober

By: Pam C. - Asheville, NC

**A member recounts how stepping into service—despite fear and uncertainty—taught her the life-saving power of listening, connection, and commitment in sobriety.**

I struggled a lot when I first got sober in the LA area in 1983. I didn't really like the meetings I went to; almost all were smoking meetings back then and I had quit smoking the year before I got sober and hated sitting in a room full of smoke, struggling to listen to speakers with whom I barely identified. But I stuck with it and after about 6 months found a women's meeting that I liked and there I finally found a sponsor. Within a few months, long before I had worked all the Steps, my sponsor got me involved in service.

Over the course of my sobriety my service commitments have been wide-ranging. But my very first experience with service in A.A., and the one that probably impacted me the most, was volunteering with the Hospital & Institution Committee in Los Angeles. Just going to the monthly H&I Committee meetings, where volunteers signed up to take meetings into hospitals and jails and prisons, was an eye opener! Here were a hundred or more sober alcoholics going from table to table signing up for weekly or monthly commitments, and no one left until all the needs were filled for the month.

My sponsor's favorite commitment, and the one she initially got me to sign up for, was going to a rehab hospital in LA County that had a special ward for people with liver disease. At this facility we actually went from bed to bed, identifying ourselves as members of Alcoholics Anonymous, speaking with anyone who wanted to talk to us, and giving out A.A. pamphlets to anyone who was interested. I was terrified the first time I went! What would I say? What could I possibly share with people whose alcoholism had landed them in the hospital with cirrhosis of the liver? I felt the same uneasiness when I went with others taking meetings into the jail. What experiences could I share there? I had never been arrested, though I should have been. I just happened to be lucky enough not to get pulled over the times I drove drunk. As it turns out, we alcoholics have a lot in common - the shame and dread we felt, the countless humiliations and moments of incomprehensible demoralization.

My sponsor assured me that we were mostly there to listen, to share our experience, strength and hope, to tell them about meetings they might go to when they got out of the hospital. And that was indeed the case; we mostly listened. And some of the things people shared have never left me, even after all these years. People talked about having been sober before, having gone to meetings and liked them. But at some point they drank again, and things just kept getting worse. Often the pattern was repeated, over and over until things got so bad they ended up in the hospital. Sometimes they ended up on the street, having lost their jobs, their families, their homes. Some of the people were sure that this time, when they got better and were released from the hospital, they would go back to meetings and really commit to staying sober. Others said maybe they drank a little too much at times, but it was really too much salt in their diet that was causing the swelling in their bellies; just ask the nurse. The amount of denial was significant, but again, we were just there to listen, reminding ourselves that A.A. is about attraction, not promotion. We frequently talked with the nurses who were incredibly dedicated and caring. They would tell us about the cases of those who had been in the hospital numerous times, patients who didn't make it past the first liquor store when they left. Then they would end up at the main County hospital before once again being admitted to rehab.

I'll never forget the man we talked to one week. He was out of bed, standing in the hall, a bit weak and unsteady. It was clear that he was pretty sick, jaundiced from cirrhosis. He said he had been in and out of the hospital for years, would go to meetings and stay sober for a while. Then something would happen, and he would drink again, and the cycle would repeat. He was so determined to stay sober this time when he got out and even talked about which meetings he would

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

(828) 254-8539  
24/7

info@wncaa.org  
aancmco.org



## Inside This Issue

### Page

- 2 Grapevine; After-hours Phone Volunteers Needed; Request for Submissions from A.A. Members; Call & Visitor Log
- 3 COR/NCMCO Board Meeting Information; Where to Find Meetings; Cash on Hand; Profit & Loss YTD
- 4 Contributions; Suggestions & Addresses for Donations
- 5 Special Meetings and Events
- 6 The Service Express
- 7 Anniversaries

go to. When we went back a couple of weeks later, he wasn't there so we asked the nurses about him and learn that he had died not long after the last time we were there. This was probably the first time I was hit with the reality that alcoholism is indeed a fatal disease. I think it's one thing to read about it in the literature; quite another to have talked personally with someone who subsequently died.

Through the years I have come to know people in meetings who drank again and never made it back. It's heart wrenching. When I close my eyes, I can see this man we talked to in the hospital, and the fact that he was so hopeful about getting sober and never made it out of the hospital brings me to tears. I have no doubt that this has impacted my sobriety in the way that I have never stopped going to meetings, never stopped working the steps, and have always had some sort of service commitment. Because I'm sure that, if I had started drinking again, I would have died. Maybe not right away. Most likely it would have been the kind of slow deterioration and a painful death that I witnessed in that hospital.

For me, sobriety with and without service is akin to the difference between the garden in winter - dormant but drab and seemingly lifeless, and summer - colorful and alive. But summer also requires constant weeding. I wake up each morning grateful for my sobriety, and I ask my higher power to direct my thinking and to help me be useful. I know I can still be selfish and self-centered and prone to negativity - the "weeds" that will take over my mind if I'm not vigilant. With my time as the Mountain Doin's Editor coming to an end, I pass the baton to Kelly's very capable hands, I will be actively looking for another commitment, because service helps keep me sober and adds color to my life - one day at a time.



# January Grapevine now available!



## It Was the Laughter

I never expected to hear so much laughter when I walked into AA. To me, the sound of people laughing felt like fingernails scratching a blackboard. I wasn't looking for camaraderie or fun. I just wanted the pain to go away.

<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@wncaa.org](mailto:info@wncaa.org)

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.

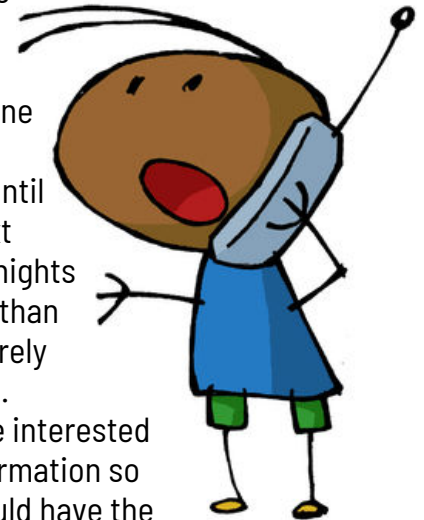
One year of sobriety is required.

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 November 2025

12 Step Calls - 20  
General Info - 0  
Family Help - 0  
Meeting Info - 26  
Central Office Business - 44  
Medical/Detox - 0  
Visitors - 62  
After-hours calls - 35





Visits to [aancmco.org/](http://aancmco.org/) website:  
Unique Visitors - 26,067  
Total Visits - 36,756; Visits/Visitor - 1.41  
Total Pages - 89,283; Pages/Visit - 2.43



# COR/NCMCO Board Meeting


COR/Board meetings are held the second Thursday of odd-numbered months. All A.A. members are welcome to attend but only CORs (Central Office Representatives) may vote so we encourage your group to elect a COR. Your input is important to us.

The next General Committee (COR/Board) meeting will be **Thursday, January 8, 6:00pm**, via Zoom: Meeting ID: 757 855 2319; Passcode: 000000.   
We will be voting on the 2026 Budget which was presented for review at the November meeting.


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 11/30/2025

**Prudent Reserve**  
**\$16,166.74**

**Operating Account**  
**\$11,534.65**

**Rent Deposit - \$900.00**

**Petty Cash - \$50.00**

## Profit & Loss YTD

	Nov 2025	Jan - Nov 2025 (YTD)
<b>Revenue</b>		
Contributions		
Birthday Contributions		\$138.00
Group Contributions	\$1,879.00	\$30,382.83
Individual Contributions	\$1.80	\$526.56
<b>Total Contributions</b>	<b>\$1,880.80</b>	<b>\$31,047.39</b>
Interest on Money Market	\$1.33	\$14.78
Sales Income		
Literature & merchandise	\$2,675.34	\$30,083.05
Shipping charged to groups	\$62.77	\$548.43
<b>Total Sales Income</b>	<b>\$2,738.11</b>	<b>\$30,631.48</b>
<b>Total Revenue</b>	<b>\$4,620.24</b>	<b>\$61,693.65</b>
Cost of Goods Sold		
Cost of Goods Sold		
Credit Card Processing		
PayPal Fee	\$30.33	\$380.35
<b>Total Credit Card Processing</b>	<b>\$30.33</b>	<b>\$380.35</b>
Freight - vendor shipping	\$7.01	\$359.34
Literature & merchandise-COGS	\$2,272.86	\$25,958.81
Shipping to groups	\$37.16	\$548.03
<b>Total Cost of Goods Sold</b>	<b>\$2,347.36</b>	<b>\$27,246.53</b>
Inventory Shrinkage	\$97.80	-\$2,409.33
<b>Total Cost of Goods Sold</b>	<b>\$2,445.16</b>	<b>\$24,837.20</b>
<b>Gross Profit</b>	<b>\$2,175.08</b>	<b>\$36,856.45</b>
<b>Expenditures</b>		
Accountant fees	\$45.00	\$360.00
Computer Expenses		\$24.28
Event Expenses	\$294.02	\$839.65
Fire Inspection (good for 3yrs)		\$54.08
ICOAA Conference		\$150.00
Insurance Expense		\$615.00
Office Supplies		\$490.15
Payroll Expenses		
Gross Salary	\$1,600.00	\$19,165.00
Payroll Taxes (Company)	\$122.40	\$1,466.12
<b>Total Payroll Expenses</b>	<b>\$1,722.40</b>	<b>\$20,631.12</b>
Rent	\$936.00	\$10,116.00
Stamps/Postage	\$25.61	\$55.81
Telephone & Internet		
Office Telephone/Internet	\$89.13	\$1,179.83
Virtual Meetings	\$16.99	\$181.89
Web Expenses	\$23.19	\$328.58
<b>Total Telephone &amp; Internet</b>	<b>\$129.31</b>	<b>\$1,690.30</b>
<b>Total Expenditures</b>	<b>\$3,152.34</b>	<b>\$35,026.39</b>
<b>Net Operating Revenue</b>	<b>-\$977.26</b>	<b>\$1,830.06</b>
<b>Other Expenditures</b>		
Excess Funds Spend	\$247.97	\$4,606.34
<b>Total Other Expenditures</b>	<b>\$247.97</b>	<b>\$4,606.34</b>
<b>Net Other Revenue</b>	<b>-\$247.97</b>	<b>-\$4,606.34</b>
<b>Net Revenue</b>	<b>-\$1,225.23</b>	<b>-\$2,776.28</b>



# Contributions

Group Contributions:	Nov 2025	YTD
12 & 12 Study Group - 000090348		\$125.00
Acceptance Group 000092265		\$653.10
Agnostics Atheists Free Thinkers Grp - 000092498	\$142.00	\$422.00
All In Group-Waynesville - 000355928		\$187.41
As Bill Sees It Group (Brevard) - 000374290	\$60.00	\$185.00
As Bill Sees It Group (Franklin) - 000093648		\$123.11
Back To Basics Group - 000094453		\$200.00
Big Town Group - 000096080		\$392.87
Black Mountain Group - 000096165		\$50.00
Brevard AA Online - 000453800		\$604.10
Brevard Men's Group - 000096757		\$120.00
Brevard Serenity Group - 000096758		\$464.00
Bryson City Group - 000097273		\$173.00
Burnsville Group - 000235484	\$271.25	\$361.25
BYOC - Bring Your Own Coffee Group - 000409871		\$311.00
Candler K.I.S.S. Group - 000098073	\$250.00	\$382.00
Cashiers Valley Group - 000098360		\$1,234.85
Clear Cut Directions		\$122.00
Common Sense Group - 000099801		\$245.00
Conscious Contact Group - 000099980		\$1,312.20
Cullowhee Valley Group - 000100669		\$220.00
Cumberland Group - 000100676		\$50.00
Daily Decisions Group - 000100743		\$2,937.75
Fellowship Group (Fletcher) - 000104116		\$491.08
Good Livers Group - 000107590		\$400.00
Hendersonville Group - 000110033	\$375.00	\$1,000.00
Hendersonville Happy Hour Grp - 000110034		\$75.00
Hendersonville Men's Group - 000044576		\$150.00
Hendersonville Midday Group - 000110035		\$250.00
H'ville Women's BBSS Group - 000110036		\$445.51
Hey Girl, Surrender Group - 000392207		\$465.00
High Noon Group - 000110266		\$200.00
Hot Springs Meeting		\$125.00
Joy Of Living Group - 000112527		\$254.50
Lambda Group - 000007190		\$223.69
Leicester Group - 000009461		\$220.37
Let Go Absolutely Group - 000403031		\$150.00
Liars Club	\$63.00	\$530.00
Library Group - 000010602		\$121.50
Maggie Valley Group - 000016476		\$250.00
Mars Hill Group - 000017945		\$225.00
Marshall Group - 000017982		\$186.11
Micaville 12 & 12		\$20.00
Mission Group - 000023514		\$16.26
Mountainview Group - 000027730		\$377.52
Newcomers Group - Flat Rock		\$50.00
New Freedom Group - 000032374		\$498.66
Noontime Big Book Study Group - 000409637		\$249.98
Phoenix Group - 000049062	\$81.00	\$863.00
Pine Grove Group		\$100.00
Practicing Principles Group - 000051260		\$131.65
Primary Purpose Group - 000035382		\$80.00
Round Table Group - 000059337	\$33.75	\$132.75
Safe And Sound Women's Group - 000060517		\$624.97
Saturday Morning Men's Meeting	\$75.00	\$675.00
Serenity Service Group - 000068387		\$438.48
Sober Sisters Group (Blk Mtn) - 000487630		\$500.00
Sober Sisters Group (Burnsville) - 000460489		\$200.00
Sober Sisters Group (Flat Rock) - 000073208		\$590.49
South Asheville Literature Group - 000075329		\$85.00
Speed Bump Group - 000053487	\$528.00	\$1,259.70
Spring Creek Group		\$75.00
Spruce Pine Group - 000077533		\$250.00
Spruce Pine Saturday Morning Group - 000379649		\$240.00
St John in the Wilderness Early Bird Grp - 000078454		\$321.00
Strange Camels - Brevard		\$300.00
Sunshine Group - 000085949		\$80.00
Surrender Group (Blk Mtn) - 000086090		\$190.00
Sylva AA - 000086394		\$140.00
The Open Meeting Group - 000418805		\$128.50
The Out To Lunch Bunch Group - 000408968		\$350.00
The Rule 62 Group - 000724698		\$30.00
Tuesday 12 X 12 Skyland Group - 000012529		\$80.00
Tuesday Night Men's Group - 000013982		\$300.00
Waynesville Grace Group - 000022141		\$2,731.95
We Think Not Group - 000025928		\$79.50
West Asheville Group - 000030473		\$100.00
Women of Courage Group - 000036989		\$993.00
Women's Way Group 000513711		\$133.02
Young People's Group - 000042150		\$329.00
<b>Total Group Contributions:</b>	<b>\$1,879.00</b>	<b>\$30,382.83</b>

Individual Contributions:	Nov 2025	YTD
Anonymous	\$1.80	\$222.84
Gerd S.		\$13.60
Judy M.		\$25.00
Pat D.		\$0.68
Patsy W.		\$14.44
Shannon K.		\$250.00
<b>Total Individual Contributions:</b>	<b>\$1.80</b>	<b>\$526.56</b>

Birthday Contributions:	Nov 2025	YTD
Anonymous	\$1.80	\$32.80
Chris W.		\$25.00
Pam C.		\$42.00
Sandra F.		\$40.00
<b>Total Birthday Contributions:</b>	<b>\$1.80</b>	<b>\$139.80</b>

<b>Total Contributions:</b>	<b>\$1,882.60</b>	<b>\$31,049.19</b>
-----------------------------	-------------------	--------------------

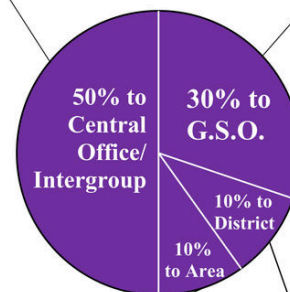
Note: If you think there is a contribution missing from your group total, please let us know. We try our best to get donations listed correctly, but we do make mistakes sometimes and list a donation under the wrong group. As always, we thank you all - AA groups and individual members - for your generous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

## Suggestions & Addresses for Sending Donations to the A.A. Service Structure\* Revised for 2025

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

**NCMCO**  
70 Woodfin Place  
Suite 212  
Asheville, NC 28801

**General Service Office**  
Post Office Box 2407  
James A Farley Station  
New York, NY 10116-2407



**NCGSC – Area 51 Treasurer**  
PO Box 11104  
Wilmington, NC 28404

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

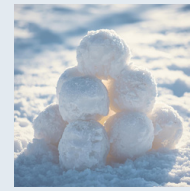
**District 71 Treasurer**  
PO Box 202  
Hendersonville, NC, 28793

**District 80 Treasurer**  
PO Box 2015  
Cherokee, NC 28719





# Special Meetings and Events



Hendersonville Group New Year's Alcathon. **Thursday, January 1:** meetings every odd hour – 1:00, 3:00, 5:00, 7:00. Snacks and fellowship all day long! 1624 Willow Rd, Hendersonville 28739

Southern States Women's Conference. **January 23-25.** Marriott Downtown Jacksonville, Florida. For more information and registration, see flyer or go to the website: <https://thesswc.wordpress.com/>

57th Tar Heel Mid-Winter Conference. **January 29-February 1.** Hilton Raleigh North Hills, 3415 Wake Forest Rd, Raleigh, NC 27609. For more information and links for registration and hotel, see flyer or go to the website: <https://www.tarheelmidwinter.org/>

Smoky Mountain Conference. **January 30-February 1.** The Ramsey Hotel & Convention Center, 3230 Parkway, Pigeon Forge, TN 37863. For more information, see flyer or go to the website: <https://smokyconference.com/>

9th Annual Spring Into Action Conference. **February 7, 10:00am-4:00pm.** New Hope Baptist Church, 3007 Beechtree Dr, Sanford, NC 27330. See flyer for more details or go to the website: <https://aanorthcarolina.org/event/spring-into-action-conference/>

62nd International Women's Conference. **February 12-15.** Community Choice Convention Center, 833 5th Ave, Des Moines, IA 50309. For more information, see flyer or go to the website: <https://internationalwomensconference.org/>

37th Annual "Freedom from Bondage" - Area 51 A.A. Corrections Conference. **March 20-22.** Hampton Inn & Suites, 200 Columbus Dr, Aberdeen, NC 28315. For Online Registration and Hotel Reservation link go to: <https://aanorthcarolina.org/event/37th-freedom-from-bondage/>  
For more information, see flyer or contact Area 51 Corrections Chair: [corrections@aanorthcarolina.org](mailto:corrections@aanorthcarolina.org).

"Spring Into Sobriety." **April 25, 9:30am-3:00pm.** See flyer for more details or go to website: <https://aanorthcarolina.org/event/spring-into-sobriety/> or email: [springintosobrietyilm@gmail.com](mailto:springintosobrietyilm@gmail.com)

66th ICYPAA Conference. **September 3-6.** Amway Grand Plaza, Grand Rapids, MI 49503. See flyer or go to website: <https://www.ICYPAA.org>

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

## INTERNATIONAL WEBSITES FOR MORE INFORMATION, EVENTS AND ARTICLES


GSO in New York: For events around the country and the world, as well as great articles and information, go to: <https://www.aa.org/> and Box 459 Bulletin Board: [https://www.aa.org/sites/default/files/newsletters/F-36\\_fall2025.pdf](https://www.aa.org/sites/default/files/newsletters/F-36_fall2025.pdf)

AA World Services Board Update: [https://www.aa.org/sites/default/files/newsletters/AAWS\\_2025\\_October\\_Highlights\\_V1.pdf](https://www.aa.org/sites/default/files/newsletters/AAWS_2025_October_Highlights_V1.pdf)

International Conference of Young People in Alcoholics Anonymous (ICYPAA) <https://www.icypaa.org/about-icypaa>

# The Service Express

## District 70

**GSR Business Meeting** – held the 2nd Sunday of the month. The next meeting will be **Sunday, January 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 Chunn's Cove Rd, Asheville 28805. 

**Accessibilities Committee** – The Chairperson is Carolyn O. Want to make sure your A.A. group or event 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. Go to the NCMCO website calendar for the Zoom link: <https://aancmco.org/index.php/events/>

**Archives Committee** – Chairperson is Dennis H. The Archives Committee needs your help. We are actively looking for persons interested in conducting interviews for the Oral History Project. Members are needed to help preserve and organize the Archives holdings. This year the plan is to expand access to members with an online presence. Contacting Groups about their history is another area we would like to expand. There are other ways to do service, you can start by joining us in person or online on the first Saturday of every month at 2:00 PM. Go to the NCMCO website calendar for the Zoom link: <https://aancmco.org/index.php/events/> For more information contact Dennis at [archives@ashevilleaa.org](mailto:archives@ashevilleaa.org).

**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 for area events are needed for health clinics and DUI classes to name a few. The PI Committee provides accurate A.A. information to the public and media when requested. For more information, contact David at [cpc-pi@ashevilleaa.org](mailto:cpc-pi@ashevilleaa.org).

**Corrections Committee** – Meetings are open in all facilities We are always looking for new volunteers for all facilities, and we need volunteers for the Pre-Release program (see flyer). This is rewarding 12th Step work, helping those on the inside transition to the outside. Also, please keep your eyes out for The Pink Can! This is for the Corrections Committee. The donations collected are for literature that we bring to the prisons and jails. For more information about Corrections and 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), or [preRelease@AshevilleAA.org](mailto:preRelease@AshevilleAA.org)

**Literature and Grapevine Committee** – The Chairperson is Mary Kate. 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. Through displays, supplies of A.A. catalogs and order forms, and A.A. workshops, these volunteers help A.A. members and other committees to carry the A.A. message through our literature. If you are interested in volunteering, please attend the next GSR meeting.

**Technology Committee** – Chairperson is 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](mailto:technology@ashevilleaa.org) and he can offer support.

## District 70 - continued

**Treatment Facilities Committee** – The Chairperson is Anna B. It's all about bringing the message of recovery to alcoholics in treatment facilities. The Treatment Committee continues to schedule weekly speakers at numerous treatment centers in District 70. Overall, everything is going well! They are always looking for more volunteers. If you are interested, contact Anna at: [treatment@ashevilleaa.org](mailto:treatment@ashevilleaa.org)

## **“Bridging the Gap” (with treatment facilities) -**

The Chairperson is Monica. This is a Temporary Contact Program, which is designed to help the alcoholic in a treatment facility make that transition from “inside” the program to life on the “outside”. They particularly need women volunteers. If you are interested in volunteering, please attend the next GSR meeting or contact Monica 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 Meeting** – held on the 2nd Saturday of the month. The next meeting will be **Saturday, January 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.

There is still an opportunity for 2026–2027 service positions as Accessibilities Coordinator and Bridging the Gap Coordinator. If you have questions about any of those positions you can contact Mary Jo, the new District 71 DCM, by email: [nc71aa@gmail.com](mailto:nc71aa@gmail.com) or through the District 71 website: <https://www.nc71.org/contact> Service is one of the Three Legacies of AA.

## District 80

**GSR Meeting** – held quarterly. The next meeting will be on **Sunday, January 11, 1:30 pm**. All GSRs are encouraged to attend and share their Group's experience, strength and hope.

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 meeting ID will be provided on the invite emailed to participants before meeting; no password required. Check their website for meeting updates and links: <http://aawnc80.com>

## **Does Your Group Have a New GSR or Alt 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)

## **NOTE to all District DCMs and Committee Chairs:**

Please send updates that you would like included in the next issue of the Mountain Doin's. If possible, we would like to have the information by the 15th of the month, but no later than the 25th. Email: [news@wncaa.org](mailto:news@wncaa.org). Much appreciated!





# Happy Anniversary!



## Acceptance Group

Martha Anne	1-03-2022	4 yrs
Patrice G.	1-03-2023	3 yrs
Joni C.	1-04-2015	11 yrs
Chris F.	1-06-1986	40 yrs
Emily F.	1-16-2020	6 yrs
Ethan W.	1-16-2023	3 yrs
Tom G.	1-22-2002	24 yrs
Suzanne B.	1-24-1975	51 yrs
Julia T.	1-24-2013	13 yrs
David B.	1-26-2004	22 yrs
Rylie S.	1-30-2022	4 yrs

## All In Group - Waynesville

Amy H.	1-29-2021	5 yrs
--------	-----------	-------

## Back to Basics Group - Weaverville

John G.	1-08-1993	33 yrs
Zak H.	1-09-2014	12 yrs

## Big Town Group

Janet M.	1-01-2019	7 yrs
Dan H.	1-05-1992	34 yrs

## Black Mountain Group

Terry G.	1-10-1984	42 yrs
Jeannette C.	1-19-2020	6 yrs
Yvonne W.	1-20-2006	20 yrs

## Burnsville Group

Marco	1-19-1991	35 yrs
-------	-----------	--------

## Conscious Contact

Jess B.	1-16-2022	4 yrs
J.T.E.	1-21-2021	5 yrs

## Cumberland Group

Judy M.	1-19-1982	44 yrs
---------	-----------	--------

## Daily Decisions Group

Mike M.	1-01-1985	41 yrs
Katie	1-01-2022	4 yrs
John G.	1-10-1989	37 yrs
Don H.	1-28-2020	6 yrs
Johnel V.	1-29-2001	25 yrs

## Fellowship Group

Aaron Q.	1-01-2024	2 yrs
Jim H.	1-02-1995	31 yrs
Chris C	1-10-1989	37 yrs
Dale L.	1-10-2004	22 yrs
David P.	1-10-2016	10 yrs
Corbin	1-13-2023	3 yrs
Janet L	1-13-2023	3 yrs
Josephine C.	1-13-2023	3 yrs
Cynthia B	1-14-2024	2 yrs
Serena G.	1-16-2025	1 yr
Julia B.	1-17-2001	25 yrs
Steve A.	1-17-2023	3 yrs
Jill K	1-18-2012	14 yrs
Jennifer H.	1-18-2019	7 yrs
Joel McC.	1-20-2023	3 yrs
Keith N	1-21-2025	1 yr
Karol W.	1-22-2025	1 yr
Charles G.	1-23-2023	3 yrs
Annie V.	1-27-2019	7 yrs
Chris W.	1-28-2023	3 yrs
Sam L.	1-28-2024	2 yrs

## Fireside Group

Ned R.	1-07-2022	4 yrs
Patty P.	1-11-1973	53 yrs
Eric G.	1-11-2000	26 yrs
Wharton D.	1-13-1982	44 yrs
Joe G.	1-16-2003	23 yrs
Robert F.	1-31-1984	42 yrs

## Grace Group

Dan A.	1-01-2018	8 yrs
Tianna S.	1-01-2018	8 yrs
Frank D.	1-01-2020	6 yrs
Doug M.	1-04-1985	41 yrs
Eli J.	1-07-2019	7 yrs
Vandy B.	1-10-2022	4 yrs
Andi K.	1-14-1999	27 yrs
Tiffanie C.	1-18-2008	18 yrs
Carla S.	1-21-2019	7 yrs
Ryan J.	1-24-2005	21 yrs
Judah L.	1-24-2019	7 yrs
Heather W.	1-31-2021	5 yrs
Dylan T.	1-31-2022	4 yrs

## Hendersonville Group

Gramson W.	1-02-2024	2 yrs
Hannah M.	1-07-2025	1 yr
Bill S.	1-18-2016	10 yrs
Michelle M.	1-19-2020	6 yrs
Coco	1-19-2024	2 yrs
Chris W.	1-28-2023	3 yrs

## Hendersonville Men's Group

Chad B.	1-01-2020	6 yrs
Travis V.	1-25-2022	4 yrs
Mark S.	1-28-2020	6 yrs

## Hey Girl, Surrender Group

Consuelo M.	1-04-2024	2 yrs
Annie S.	1-13-2009	17 yrs
Jen L.	1-29-2024	2 yrs

## Mars Hill Group

Jaime O.	1-03-2023	3 yrs
John G.	1-08-2020	6 yrs
Tammie C.	1-15-2020	6 yrs

## Mission Group

Herb W.	1-22-1990	36 yrs
---------	-----------	--------

## Motley Crew/Columbus

Betty B.	1-16-1973	53 yrs
Frank M.	1-17-1987	39 yrs
Linda S.	1-30-1990	36 yrs

## Noontime Big Book Study Group

Jeanne R.	1-01-1991	35 yrs
Suzanne T.	1-01-1992	34 yrs

## One Day At A Time Grp/Rutherfordton

Chris	1-01-2015	11 yrs
-------	-----------	--------

## Out to Lunch Bunch

Schepp	1-06-1974	52 yrs
Rene B.	1-29-1984	42 yrs

## Phoenix Group

Pete A.	1-12-1985	41 yrs
---------	-----------	--------

## Practicing Principles Group

Renne	1-01-2005	21 yrs
-------	-----------	--------

## Serenity Seekers - Marion

Mitzi G.	1-01-2020	6 yrs
Lori H.	1-13-1997	29 yrs

## Serenity Service Group

Walter B.	1-04-2019	7 yrs
-----------	-----------	-------

## Sober Sisters Group - Black Mountain

Cindi Q.	1-17-2023	3 yrs
Jeanette C.	1-19-2020	6 yrs
Tara C.	1-23-2002	24 yrs
Liz M.	1-24-2009	17 yrs

## Sober Sisters Group - Burnsville

Debbie M.	1-05-1997	29 yrs
Erica M.	1-22-2017	9 yrs

## Sylva Group

Tony C.	1-04-2021	5 yrs
---------	-----------	-------

## Total Surrender Group

Kenny S.	1-05-2022	4 yrs
----------	-----------	-------

## Waynesville Grace Group

Nancy B.	1-02-1991	35 yrs
Patty A.	1-09-2025	1 yr

## West Asheville Group

Danny J.	1-12-2021	5 yrs
----------	-----------	-------

## Women of Courage

Colleen B.	1-02-2023	3 yrs
Lorette P.	1-06-1989	37 yrs
Barbara N.	1-06-2009	17 yrs
Scout F.	1-14-2023	3 yrs
Lee W.	1-07-2019	7 yrs
Miranda W.	1-22-2023	3 yrs
Marianna K.	1-27-2023	3 yrs

## Young Peoples Group

Sam S.	1-08-2017	9 yrs
--------	-----------	-------



Need to update your Group's anniversary list? Call Central Office: (828) 254-8539, or send a new list to: [info@wncaa.org](mailto:info@wncaa.org)

The February 2026 newsletter deadline for sending in anniversaries and announcements is January 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@wncaa.org](mailto:info@wncaa.org)**

Better yet, attend the next bimonthly COR/Board meeting on Zoom.

See the Central Office website for more details:

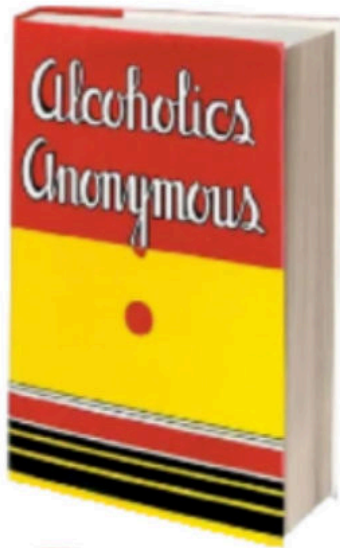
<https://aancmco.org/index.php/events/>

## Now Available at Central Office

70 Woodfin Pl., Ste 212  
Asheville, NC 28801  
10 AM to 1 PM Mon-Fri  
(828) 254-8539 24/7/365

A reduction to our List Price of the collectible facsimile First Edition Big Book

September 12, 2025



Dear A.A. Friends,

We are delighted to announce the reduction of the List Price for the beautifully produced facsimile First Edition of *Alcoholics Anonymous*, which was first produced in celebration of the 75<sup>th</sup> Anniversary of the Big Book in 2014.

**ALCOHOLICS ANONYMOUS  
FACSIMILE FIRST PRINTING OF THE  
FIRST EDITION (Item B-0) is now  
priced at \$2 USD, for the foreseeable  
future!**

Since its initial release, hundreds of thousands of A.A. members have enjoyed owning this commemorative edition, and our recent efforts to continue a steady stream of distribution of copies from our inventory of the initial print run have been met with much enthusiasm from the Fellowship around the world!

Intergroups, central offices, areas, groups and international GSOs, as well as individual A.A. members alike have given us oodles of positive feedback on our periodic Special Offers, price discounts and sales that include this title, and reception for the bundling of this edition in our giftable "A.A. History Shelf" (4 volumes, Item B-33) has also been popular.

It is our hope that with this "permanent" price break, A.A. members everywhere will be able to enjoy adding this landmark edition to their collections.

And, it goes without saying, *this book makes a great gift for the holidays, for A.A. anniversaries, and other milestone occasions.* Now at a very affordable List Price!

# PreRelease Program

The purpose of this program is to connect the incarcerated AA member with Alcoholics Anonymous in their community upon their release.

## **VOLUNTEER RESPONSIBILITIES**

1. Make initial contact with the inside AA member via correspondence within two weeks of being matched, and maintain communication with inside AA member through their release.
  - All correspondence is routed through the District 70 PO Box, not through your personal home / mailing address. See separate flyer with more details.
2. Arrange to meet the inside AA member upon their release.
3. Take the inside AA member to an AA meeting within 24-48 hours of release. It is suggested that the first meeting be viewed as a Twelfth Step call, thus taking another AA member with you.
4. You and a friend take them to 3-6 AA meetings. During this time, you help them get acquainted, get phone numbers, and perhaps locate a sponsor and a home group.
5. Review the PreRelease Program with the ex-inmate to avoid misconceptions of what this program does and does not do.

## **WHAT volunteers are NOT:**

1. Responsible for the member's attitude or actions in or out of meetings.
2. Responsible for carrying the alcoholic, as in DO NOT:
  - a. loan money or any thing of value
  - b. become a personal taxi service
  - c. have an emotional or romantic interlude
3. Intended to become the released person's sponsor. You assist with the transition into the AA fellowship and onto the broad highway of recovery through the AA program.

It is suggested that the AA volunteer has completed the Twelve Steps and/or one year of continuous sobriety.

Would you like to know more or get involved? Contact PreRelease at:

[PreRelease@AshevilleAA.org](mailto:PreRelease@AshevilleAA.org)

District 70

Attn: PreRelease

PO Box 8574

Asheville, NC 28814-8574

# DISTRICT 70 CORRECTIONS

# **DISTRICT 70 AA TREATMENT COMMITTEE INVITES YOU**

**...to serve on and work your 12th step.**

**Do you want to help with ongoing Service Commitments  
to bring meetings into Treatment Facilities?  
Or share your story and use the wreckage of your past to help others?**

**Become a Volunteer with us!**

**Treatment Positions at the Group Level as well!  
Would you like to attract more Newcomers to your Group?  
Ask your GSR about us or invite us to your business meeting to learn more...**

**Questions? Or to participate, please contact Anna B:**

**[Treatment@ashevilleAA.org](mailto:Treatment@ashevilleAA.org)**

## **Current Needs:**

**Transformation Village (women): Join us for the Monday meeting**

**First Step Farm (women): Speakers on Tuesday**

**ADATC: Speakers and ongoing Service Commitments to facilitate meetings  
on Tuesdays & Thursdays**

**Costello House (men): Speakers and ongoing Service Commitments to  
facilitate meetings on Wednesdays**

**Neil Dobbins: Speakers and ongoing Service Commitments to facilitate  
meetings on Fridays & Saturdays**

# Resource Flyer

Courtesy of District 70's Literature/Grapevine subcommittee



Did you know that we have a local store at our AA Central Office for literature, coins, newcomer pamphlets, etc.?

Did you know that the AA Grapevine now has an app where you can access articles, track sober time, keep in check with a daily spiritual maintenance checklist and gratitude list, access the AA Grapevine YouTube channel, and so much more?

These resources may be helpful to your own sobriety or may be great gifts for anniversaries. The QR codes below can help you easily find the resources you need. They support our local AA and all of us! Just point your camera at the QR code and click the yellow link that pops up! Enjoy and thank you for your support!

---

Grapevine App (iPhone)

---



---

Grapevine Website

---



---

Grapevine App (Android)

---



---

Mountain Central Office

---



---

NC Area 51

---



---

AA.org

---



# Southern States Women's Conference

## SPEAKERS

STEP 1 & 2 - Stacey E.  
STEPS 3 - Katie P.  
STEPS 4 & 5 - Alice N.  
STEPS 6 & 7 - Kelley B.  
STEPS 8 & 9 - Tina A.  
STEPS 10 & 11 - Chris C.  
STEP 12 - Sloan B.

January 23-25,  
2026

Al-Anon - Larcine G.

Jacksonville,  
Florida

Marriott Downtown Jacksonville

Phone: 904-355-6664

Hotel Reservation Link: <https://tinyurl.com/SSWC2026>

Rate \$149/Night - available 3 days pre-conference  
& 3 days post-conference

**EARLY REGISTRATION: \$50 UNTIL AUGUST 31ST  
\$60 STARTING SEPTEMBER 1ST  
\$65 AT THE DOOR**

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

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

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

City, State, Zip: \_\_\_\_\_

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

REGISTRATIONS  
ARE NON-  
REFUNDABLE  
Transferable  
within the year  
only

\_\_\_ Check here if you need ASL Services

\_\_\_ Check here if you are interested in volunteering  
during the conference

### Ways to Register for the Conference



- Use the QR Code
- Use this link: <https://tinyurl.com/SSWC2026Register>
- Make Checks Payable to: SSWC
- Mail to: 1320 Chickasaw Drive Westminster, SC 29693



# WE ARE BACK IN RALEIGH!

# 57<sup>th</sup>

# Tar Heel



## Mid-Winter Conference

Jan 29th - Feb 1st, 2026

Hilton Raleigh North Hills

3415 Wake Forest Road  
Raleigh, NC 27609

### Conference Registration

Early Registration (by January 7, 2026)  
\$35.00 per person (online registration + convenience fee)

Registration (after January 7, 2026)  
\$40.00 per person

Al-Anon Members 16 & under  
No Charge - Must Register

You can now register on-line at:

[www.tarheelmidwinter.org](http://www.tarheelmidwinter.org)

Questions: Email: [tarheelmidwinter@gmail.com](mailto:tarheelmidwinter@gmail.com)

Phone: Jeff W-919-491-0722,

Elizabeth P-919-880-4026, Randy T-252-725-1908,

### Hotel Registration

Hilton Raleigh North Hills  
3415 Wake Forest Road  
Raleigh, NC 27609  
Hotel 919-872-2323



**\$131.00 per night plus taxes**

Online: <https://group.hilton.com/br1dic>

Group Code: **MWC26**

Hotel cut-off for conference room rate is January 7, 2026

Limited amount of rooms - book early!

### Program Agenda

Day & Time

Speakers

- ▲ Thursday 8:00 pm Amy S. - High Point, NC
- ▲ Friday 10:30 am Speakers from the Audience
- ▲ Friday 3:00 pm Old-Timers Speak (30+ years)
  - Lewis C. - Durham, NC
  - David L. - Durham, NC
  - Sally B. - Cedar Point, NC
- ▲ Friday 8:00 pm Heather P. - Santa Fe, NM
- ▲ Saturday 10:00 am Pauline M. - Cape Carteret, NC
- ▲ Saturday 2:00 pm Harriette B. - Durham, NC
- ▲ Saturday 8:00 pm Tim H. - Louisville, KY
- ▲ Sunday 10:00 am David H. - Broomfield, CO

Friday & Saturday

Closed Discussion Meetings

Limited Tickets!

### Saturday Lunch

Buffet includes, SALAD, HOT DOGS, HAMBURGERS, MAC & CHEESE, BAKED BEANS, DESSERT, COFFEE AND ICE TEA

**\$20.00 per person additional cost.**

Must preregister for the buffet by January 7, 2026

Saturday Night: FUN - 9:30pm-12:30am

## 57th Tar Heel Mid-Winter Conference 2026 Registration Form

Please Print

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_ Email \_\_\_\_\_

Number of registrations \_\_\_\_\_ Number of Sat Lunch Buffet \_\_\_\_\_ Total Paid \$ \_\_\_\_\_

Name(s) on Badge(s) \_\_\_\_\_



(Prior to January 7, 2026 - Pre-registrations are \$35.00 per person; thereafter \$40.00)  
(Al-Anon Members 16 & younger No charge - Must Register)

You may also register on-line at [www.tarheelmidwinter.org](http://www.tarheelmidwinter.org)



Make Checks Payable to:  
Tar Heel  
Mid-Winter Conference

Mail Registration to:  
Conference Chairman  
P. O. Box 52528  
Durham, NC 27717



# SMOKY MOUNTAIN CONFERENCE

JANUARY 30-Feb 1, 2026

Register today @   
[www.Smokyconference.com](http://www.Smokyconference.com)

Pigeon  
Forge, TN  
\$35

Scott L (Nashville, TN)

Heidi S (Pittsburgh, PA)

Mike S (Riverside, CA)

Bob D (Las Vegas, NV)

“As The Result of These Steps”

The Ramsey Hotel and Convention Center

3230 Parkway, Pigeon Forge, TN 37863

Phone: (865) 428-2700. \$133/night (breakfast included)

• NINTH ANNUAL •

# Spring Into Action Conference

**FEBRUARY 7, 2026**

**10:00 AM–4:00 PM**

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

## Schedule

- |                    |  |                               |
|--------------------|--|-------------------------------|
| <b>10:00-11:00</b> | <b>A Vision for You – Yesterday and Today</b>  | (Steve M. Raleigh NC)         |
| 11:00-11:30        | Break  |                               |
| <b>11:30-12:30</b> | <b>Practice These Principles – Everywhere</b>  | (Graham R. Virginia Beach VA) |
| 12:30-1:30         | Lunch - Food Trucks (accepts cash & card)      |                               |
| <b>1:30-2:30</b>   | <b>Carry This Message - We Can Help Others</b> | (Debbie A. Wilmington NC)     |
| 2:30-3:00          | Break  |                               |
| <b>3:00-4:00</b>   | <b>Spiritual Entity - The Home Group</b>       | (Tony D. Angier NC)           |
| 5:00 -             | Dinner @ Yarboroughs 132 McIver St Sanford     |                               |

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

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

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

## MISSION

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

## IWC SELF-SUPPORTING STATEMENT

This conference is self-supporting through the money paid for by registration fees, banquet tickets, and donations. AA funds are not used to pay for the event. Conferences and conventions are special events and require money, months of planning and preparation. Expenses include contracted costs for the use of meeting rooms, convention center facilities, preparation of food & beverages, printing of registration forms, audio/visual services, flyers, program schedules, postage, supplies and may other costs. The registration fee and banquet fees are kept as low as possible to meet our financial goal of breaking even. Our contractual commitments to the hotel require a guaranteed number of hotel rooms and banquet sales. To achieve this, we must meet our banquet and room night commitments.

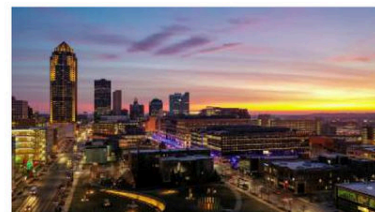
## IMPORTANT INFORMATION

- The IWC is a CLOSED conference for AA women registrants only.
- The conference begins at noon on Thursday, 2/12/2026.
- PLEASE NOTE: To meet our contractual obligations, there will be **NO REFUNDS AFTER 12/1/2025**.
- The 62nd IWC is not responsible for loss of personal items or any personal injury.

IWC62  
PO BOX 8234  
Des Moines, IA 50301



**62nd  
International Women's Conference  
February 12th - 15th, 2026**



Community Choice Convention Center  
833 5th Ave.  
Des Moines, IA 50309  
(515) 564-8000

## REGISTRATION

### IWC Website

Pay for in-person or online registration, meals and tours at [www.internationalwomensconference.org](http://www.internationalwomensconference.org)



### By Mail

Mail this completed form, postmarked no later than **12/1/2025** for in-person and **1/26/2026** for online. Include a check or money order payable to:

IWC62  
PO BOX 8234  
Des Moines, IA 50301

Please fill out the following information:

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

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

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

City: \_\_\_\_\_ St/Prov: \_\_\_\_\_ Zip: \_\_\_\_\_

Country: \_\_\_\_\_ Phone #: \_\_\_\_\_

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

I would like to volunteer:  Online  In-Person

Select how you'll be joining us:

- Online format** **\$20**
- Attend IWC online.
  - Be on the lookout for how to sign up with vFairs, our online event platform. We will communicate about how to register with vFairs mid-2025.

- In-person format** **\$65**
- Attend IWC in Des Moines.
  - Registration ends **12/1/2025 or when sold out**.
  - Review choices for in-person in the next column.

## MEALS

Meals and tours are available for in-person registrants.

**Save \$25 by bundling all three (3) meals for \$160!**

- Friday Night Banquet **\$65**
- Saturday Night Banquet **\$75**
- Sunday Morning Brunch **\$45**
- Three meal bundle **\$160**

## TOURS

- You Will Be Amazed Tour** **\$40**  
World Food Prize & West End Architectural Salvage on Thursday, 2/12/2026, 12:45 p.m. - 4:00 p.m.
- Sobriety is a Journey, not a Destination Tour** **\$50**  
Guided Tours of the Iowa State Capitol & the Greater Des Moines Botanical Garden on Saturday, 2/14/2026, 7:45 a.m. - 11:45 a.m.
- Rule 62: Don't Take Yourself So Damn Seriously Tour** **\$30**  
Outlets of Des Moines and/or Prairie Meadows Racetrack & Casino on Saturday, 2/14/26, 12:00 p.m. - 4:00 p.m.

## CONTRIBUTIONS

Scholarship Fund for women with barriers to access \$ \_\_\_\_\_  
Overall conference contribution \$ \_\_\_\_\_

## TOTAL

**TOTAL ENCLOSED** \$ \_\_\_\_\_

Mailing this form does not guarantee a reservation. We recommend checking the IWC website for current attendance information. If the conference is sold out, we will promptly return your payment.

Do you have accessibility requirements or accommodations that would support your full participation in the conference? If so, please contact us at: [info62iwc@googlegroups.com](mailto:info62iwc@googlegroups.com).

## HOST HOTEL

Hilton Des Moines Downtown  
435 Park Street, Des Moines, IA 50309  
+1 (515) 241-1456

Our IWC rates are for all room types. They do not include applicable taxes/fees:

- \$154/night for single or double occupancy
- \$169/night for triple occupancy
- \$189/night for quadruple occupancy

Please refer to the "Getting + Staying Here" tab on the website to access the Hilton reservation link, which will go live on 2/13/2025, or to view other hotel options.

## SOUVENIRS

To purchase souvenirs, visit the IWC website!

- Crew Sweatshirt **\$40**
- T-shirt **\$25**
- Canvas Bag **\$12**
- 11oz. Mug **\$10**

## DES MOINES IWC CONTACTS

General: [info62iwc@googlegroups.com](mailto:info62iwc@googlegroups.com)  
Chair, Megan F. B.: [chair62iwc@gmail.com](mailto:chair62iwc@gmail.com)  
Co-Chair, Sarah H.: [cochair62iwc@gmail.com](mailto:cochair62iwc@gmail.com)  
Treasurer, Jane C.: [treasurer62iwc@gmail.com](mailto:treasurer62iwc@gmail.com)  
Registration: [reg62iwc@gmail.com](mailto:reg62iwc@gmail.com)

## A MESSAGE FROM THE IWC ADVISORY COUNCIL

Thank you for registering for the conference in Des Moines! As costs and uncertainties of hosting conferences have risen, going hybrid adds new expenses to reach women worldwide. If you're wondering, "How can I help?" here are some suggestions:

- Register early for Des Moines.
- Purchase meals if possible - they help fund the budget and foster connections.
- Contribute to scholarships to support another woman's attendance.
- Volunteer if a financial contribution isn't feasible - your service makes a difference.

⊠ 37th Annual ⊠  
“FREEDOM FROM BONDAGE”  
Area 51 A.A. Corrections Conference



March 20, 21, 22, 2026

Hampton Inn & Suites  
200 Columbus Drive  
Aberdeen, NC 28315



**Conference Registration Fee: \$25**

[Register and Pay for the Conference Here](#)

**Hotel Room Rates:**

**Standard Room: \$142.00, Suite \$162.00**

[Reserve Your Hotel Room Here](#)

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

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



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

**Group Discount Code:** CHHFFB

**Reserve by February 20 to get Group Rate**

**For more information:**

Email: [corrections@aanorthcarolina.org](mailto:corrections@aanorthcarolina.org)  
Call: (919) 418-9900

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

**37th Annual Freedom from Bondage**

Area 51 A.A. Corrections Conference

Registration rate \$25

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

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

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

Correctional Facility You Attend: \_\_\_\_\_

Are you Willing to Volunteer at FFB? \_\_\_\_\_

Make checks payable to:  
“CFC” and mail to:

Jerry W.  
P.O.Box 37654  
Raleigh NC 27627



# SPRING INTO SOBRIETY

**SAT 4.25.26**

**Longleaf Park**  
**314 Pine Grove Drive**  
**Wilmington, NC 28409**  
**Shelters 5 & 6**  
**10am-3pm**

**FREE & SELF SUPPORTING**

Your paragraph text

**FEEL FREE TO BRING A  
DISH/OR DESSERT  
TO SHARE AND  
BRING A CHAIR**




Contributions help pay for next year's event and after our prudent reserve, we contribute to Intergroup, our Area/District, and GSO.

## **SHELTER 5**

COFFEE / DESSERTS / GAMES / KID ZONE  
9:30am (Recovery Walk Sign In)  
10am SIS Recovery Walk  
11am AA Gratitude Circle Meeting

## **SHELTER 6**

12noon - Live Music & Food  
1:15pm - AA Speakers  
2:30pm - 50/50 Raffle, Recovery Countdown, In Memory Of, Serenity Prayer Closing Circle

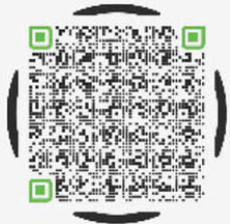
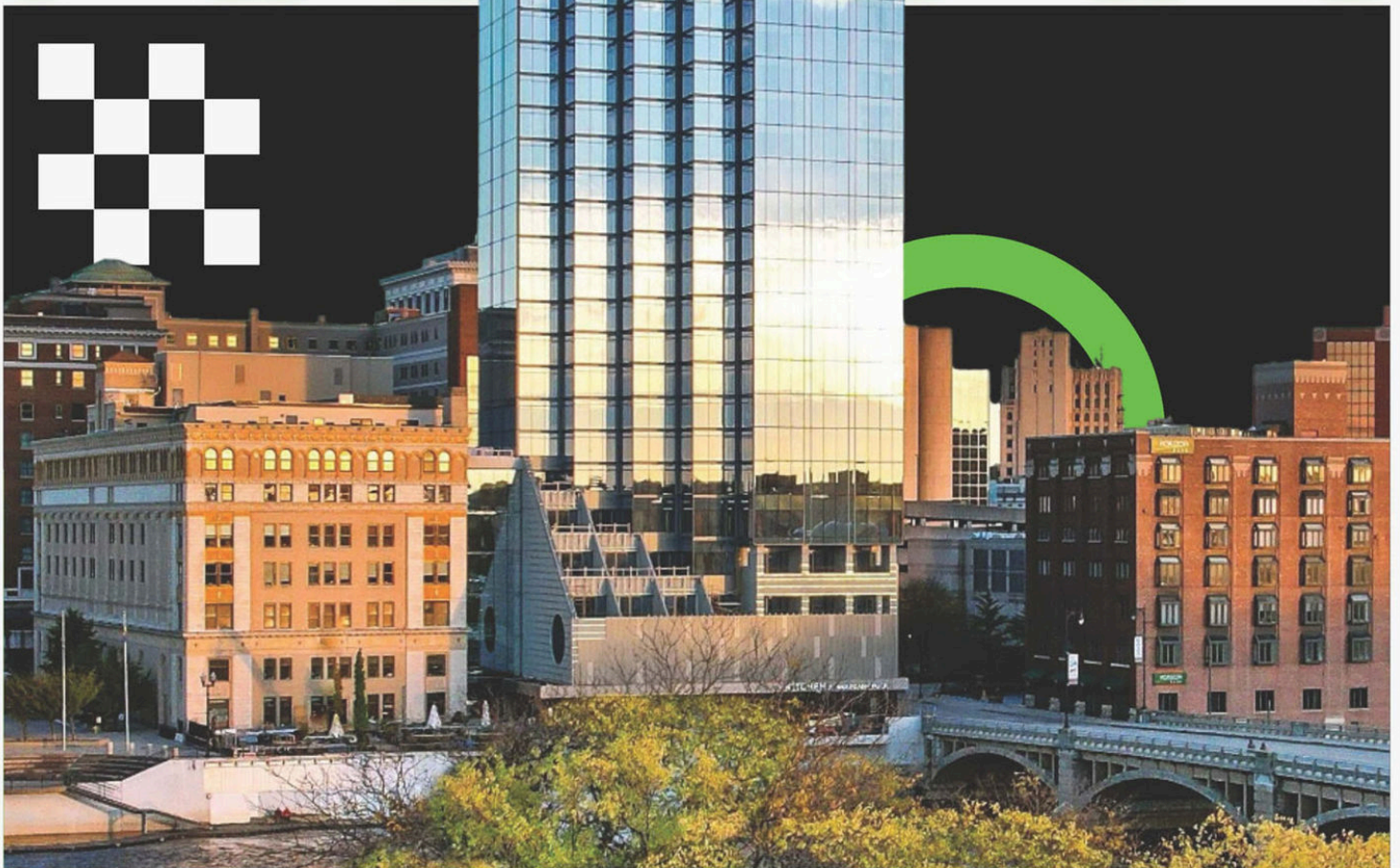


For more details about SIS, the recovery walk, and service volunteer opportunities, Scan the QR code on your phone or visit: [springintosobriety.wixsite.com/springintosobriety](http://springintosobriety.wixsite.com/springintosobriety)  
Email: [springintosobrietyilm@gmail.com](mailto:springintosobrietyilm@gmail.com)



ANNOUNCING:

# 66TH ICY PAA MICHIGAN




**BOOK YOUR ROOM!**  
[HTTPS://TINYURL.COM/2S3V63DB](https://tinyurl.com/2S3V63DB)

**SEPT  
3-6  
2026** | **AMWAY  
GRAND  
PLAZA**



**REGISTER NOW!**

 187 Monroe Ave NW, Grand Rapids, MI 49503



[www.icypaa.org](http://www.icypaa.org)