NOVEMBER 2026 Mountain Doin's

Serving AA in Western North Carolina's Districts 70, 71, and 80 since 1974 and District 15 since 2026

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

(828) 254-8539
24/7 Phone line

Or email us at:
info@wncaa.org

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

"I am responsible. Whenever anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible."

1965 AA International Convention in Toronto

Inside This Issue

2 NCMCO General Committee Meeting
NCMCO News: Call & Visitor Log
COR/NCMCO Board Meeting: Cash on Hand; NEW After Hours Phone Volunteer System: Profit and Loss
3 District Highlights
4 Call for NCMCO Board Elections
5 NCMCO Board Meeting Link
6 Call for Central Office Representatives (COR).
7 Contributions, Suggestions & Addresses for Donations
8 Anniversaries
9 Special Meetings and Events
10 The Service Express
11 Grapevine Article
12-15 Committee Service Flyers (Information)
16-20 Information and Flyers



NCMCO Board Vacancy Announcements!

The following important positions are open on the NCMCO Board:

Web Administrator (2-year commitment)
Average time - 1-3 hours per week

Right now, NCMCO is in need of volunteers to fill two Board positions: 12th Step Call Coordinator and Webmaster. See our Open Board Positions page for the responsibilities and requirements for these positions. If you are interested, please attend the next General Committee meeting, November 12, 2026, at 6:00 pm. Meeting materials can be found >HERE<

For details and login information - see the website for Zoom link:

https://wncaa.org/index.php/event/ncmco-general-committee-meeting-zoom-6

*****Board Elections NCMCO - January 14, 2027**
See Page #4!

Let's stay connected!

Please send any news or event updates by the 20th of each month to: news@wncaa.org



Step of the Month
Step 11

"Sought through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for knowledge of His will for us and the power to carry that out."

Tradition of the Month
Tradition 11

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

NCMCO NEWS

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) and Board Members may vote so we encourage your group to elect a COR. Your input is important to us. ***(See page 6)***

The next General Committee meeting will be **Thursday, November 12, at 6:00 pm,** via Zoom: Meeting ID: 757 855 2319; Passcode: 000000.

For updated meeting information and Zoom link, check the website: https://wncaa.org/index.php/events/

Updated System! More privacy!

12-Step work from Home!

NCMCO has **updated** the After Hours Phone Volunteer service commitment to make it more workable for more members. If the 20+ hour shifts or the possibility of breaking your anonymity by giving an A.A. greeting to every unknown number that shows up on your phone have prevented you from volunteering, take a look at our new system - HERE and, if it looks like a service you can commit to, fill out the form HERE.

Most of our calls are for meeting information. But every once in a while, yours could be the first voice to carry A.A.'s message of hope to a suffering alcoholic.

If you have any questions, please call Central Office at (828) 254-8539 during business hours — Monday through Friday from 10 am to 1 pm or email info@wncaa.org any time.

Call & Visitor Log September 2026

12 Step Calls – 4
General Info – 5
Family Help – 1
Meeting Info – 16
Central Office Business –45
Medical/Detox – 0
Visitors – 54
After-Hours Calls – 27





Cash on Hand as of 9/30/2026

Prudent Reserve
$16,180.19
Operating Account
$9,597.71
Rent Deposit - $900.00
Petty Cash - $50.00

Profit and Loss

NC Mountain Central Office, INC.

	Sep 2026	(YTD)
Revenue		
Contributions		
Contributions	217.75	528.75
Contributions	992.01	27,101.04
Contributions	10.22	98.72
Contributions	**$1,219.98**	**$27,728.51**
Market	1.33	12.08
Sales Income		
merchandise	1,444.07	23,098.63
to groups	41.65	472.95
Income	**$1,485.72**	**$23,571.58**
Total for Revenue	**$2,707.03**	**$51,312.17**
Sold		
Sold		
Processing		
PayPal Fee	35.00	277.06
Card Processing	**$35.00**	**$277.06**
shipping	11.25	243.68
merchandise-	1,021.94	17,331.20
Shipping to groups	41.65	574.60
Goods Sold	**$1,109.84**	**$18,426.54**
Shrinkage	283.86	502.42
Goods Sold	**$1,393.70**	**$18,928.96**
Gross Profit	**$1,313.33**	**$32,383.21**
Expenditures		
Accountant fees		75.00
Expenses	3.21	16.05
Event Expenses		103.01
Office Supplies	43.12	272.77
Payroll Expenses		
Gross Salary	2,467.20	16,425.60
(Company)	188.73	1,256.49
Expenses	**$2,655.93**	**$17,682.09**
Rent	936.00	8,424.00
Internet		
Telephone/Internet	110.31	1,064.78
Virtual Meetings		90.16
Web Expenses	13.46	67.02
Telephone &	**$123.77**	**$1,221.96**
Expenditures	**$3,762.03**	**$27,794.88**
Revenue	**-$2,448.70**	**$4,588.33**
Net Revenue	**-$2,448.70**	**$4,588.33**

Area and District Highlights

Welcome District 15 into NCMCO service area! http://ncdistrict15.com

Event for District 15



New Spanish language meeting in SYLVA Thursdays @ 7:30 PM

Two new meetings!

New Closed Topic Discussion Meeting in OLD FORT beginning November 7 - Saturdays @ 6:00 PM







YOUR CENTRAL OFFICE NEEDS YOU!

Board Elections • January 14, 2027

Please consider these important service positions.

The Central Office Board elections will take place at the January 14, 2027 General Committee meeting.

Board meetings are held the second Thursday of odd-numbered months.

All A.A. members are welcome to attend, but only CORs and Board members are eligible to vote.

Positions are elected by the General Committee. Terms are **2 years** and begin after the January 14, 2027 meeting.

POSITIONS OPEN

- **Chairperson** | 5 years continuous sobriety
- **Alternate Chairperson** | 5 years continuous sobriety
- **Secretary** | 5 years continuous sobriety
- **Treasurer** | 5 years continuous sobriety
- **12th Step Call Coordinator** | 3 years continuous sobriety

Want to learn more?

Observe or participate in Board and COR committee discussions via Zoom.

Meeting ID: 757 855 2319

Passcode: 000000

Meeting information: https://wncaa.org/index.php/event/ncmco-general-committee-meeting-zoom-5/

Unity. Service. Recovery.

JOIN US AT THE

NCMCO General Committee Meeting

2nd Thursdays of Odd Numbered Months Online from 6 to 8 PM

Zoom Meeting ID
757 855 2319
Password: 000000

Learn what's happening at Central Office and share your voice to help serve alcoholics in Western North Carolina.

Central Office Representatives and Board Members have voting power.
Anyone with a desire to stop drinking is welcome to attend.

info@wncaa.org || www.wncaa.org || (828) 254-8539

Does your group have a COR?

(Central Office Representative)

SERVICE
CONNECTS
OUR COMMUNITY

Our Groups Our Voice A Stronger A.A. Together

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, November) 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 15, 70, 71 and 80 more effectively?
- What might we do to draw more participation from groups?

Please send your feedback to: info@wncaa.org

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

See the Central Office website for more details:
https://wncaa.org/index.php/events/

Higher Purpose Brighter Tomorrows

WESTERN NORTH CAROLINA A.A.
SERVICE • UNITY • RECOVERY

2026 Month and YTD Contributions

Group Contributions:	Sep 2026	YTD
12 & 12 Study Group - 000090348		$117.00
Acceptance Group - 000092265		$1,494.63
Agnostics Atheists Free Thinkers Grp - 000092498		$200.00
As Bill Sees It Group (Franklin) - 000442480		$64.67
Big Town Group - 000096080		$447.93
Black Mountain Group - 000096165	$1.62	$51.62
Brevard AA Online - 000453800		$649.79
Brevard Men's Group - 000096757		$238.50
Brevard Serenity Group - 000096758		$171.10
Bryson City Group - 000097273		$237.47
Burnsville Group - 000235484		$206.10
Candler K.I.S.S. Group - 000098073		$275.00
Cashiers Valley Group - 000098360		$654.40
Clear Cut Direction Group - 000743652		$100.00
Common Sense Group - 000099801		$150.00
Conscious Contact Group - 000099980		$373.53
Cullowhee Valley Group - 000100669		$275.00
Cumberland Group - 000100676		$87.50
Daily Decisions Group - 000100743		$1,019.44
Early Does It Group - 000729080	$184.00	$384.00
Fellowship Group (Fletcher) - 000104116		$649.53
Good Livers Group - 000107590		$600.00
Grace Group (Asheville) - 000107789		$1,863.68
Grace Group (Scaly Mtn) - 000746005		$50.00
Hendersonville Group - 000110033		$1,125.00
Hendersonville Men's Group - 000044576		$115.89
Hendersonville Midday Group - 000110035		$100.00
H'ville Women's BBSS Group - 000110036		$216.21
Hey Girl, Surrender Group - 000392207		$250.00
High Noon Group - 000110266		$300.00
It's In the Book Group - 000260106	$63.00	$63.00
Joy Of Living Group - 000112527		$189.80
Lambda Group - 000007190	$147.05	$147.05
Let Go Absolutely Group - 000403031		$150.00
Liars Club	$76.00	$279.00
Lost and Found Group - 000427291		$92.56
Maggie Valley Group - 000016476		$300.00
Mars Hill Group - 000017945		$225.00
Micaville 12 & 12		$80.00
Motley Crew Group - 000390376		$204.00
Mountainview Group - 000027730		$92.74
New Freedom Group - 000032374		$830.00
No Name Group (Murphy) - 000036859		$200.00
Noontime Big Book Study Group - 000409637		$172.20
Phoenix Group - 000049062	$96.00	$739.70
Pine Grove Group		$250.00
Pisgah Group - 000049661		$150.00
Practicing Principles Group - 000051260	$36.90	$92.60
Primary Purpose Group - 000035382	$240.00	$400.00
Recovery By The River Group - 000055540		$355.34
Round Table Group - 000059337		$90.00
Safe And Sound Women's Group - 000060517		$325.98
Saturday Morning Men's Meeting		$250.00
Saturday Solutions		$125.00
Serenity Service Group - 000068387	$41.02	$444.00
Sober Sisters Group (Burnsville) - 000460489		$50.00
Sober Sisters Group (Flat Rock) - 000073208		$349.94
Solutions Group - 000074739		$931.93
South Asheville Literature Group - 000075329		$100.00
Speed Bump Group - 000053487		$400.91
Spruce Pine Group - 000077533		$740.00
St John in the Wilderness Early Bird Grp - 000078454		$301.00
Strange Camels - Brevard		$300.00
Surrender Group (Blk Mtn) - 000086090		$259.75
Sylva AA - 000086394		$114.00
The Open Meeting Group - 000418805	$106.42	$344.62
The Out To Lunch Bunch Group - 000408968		$250.00
The Really Big Big Book Group - 000743378		$45.00
The Rule 62 Group - 000724698		$62.00
Three Legacies Group - 000006439		$10.00
Waynesville Grace Group - 000022141		$2,176.30
Waynesville Grace Group Tuesday Night		$50.00
West Asheville Women's Group - 000030473		$321.63
Women of Courage Group - 000036989		$1,150.00
Women's Way Group 000513711		$230.00
Young People's Group - 000042150		$100.00
Total Group Contributions:	**$992.01**	**$27,003.04**

Individual Contributions:	Sep 2026	YTD
Anonymous	$10.22	$98.54
Pat D.		$0.89
Total Individual Contributions:	**$10.22**	**$99.43**

Birthday Contributions:	Sep 2025	YTD
Ian H	$217.75	$217.75
Monica G		$270.00
Sandra F		$41.00
Total Birthday Contributions:	**$217.75**	**$311.00**

Total Contributions:	**$217.75**	**$27,413.47**



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!

How ARE we "Self-Supporting?"

Suggestions & Addresses for sending Donations to the AA Service Structure*

Revised for 2026

NOTE: New address for District 80

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

NCMCO
70 Woodfin Place
Suite 212
Asheville, NC 28801

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



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

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

District 71 Treasurer
PO Box 202
Hendersonville, NC 28793

District 80 Treasurer
486 Wooten Rd
Franklin, NC 28734

Happy Anniversary!

Name	Sobriety Date	Years
Acceptance Group		
David S.	11-12-2023	3 yrs
Preston D.	11-14-2022	4 yrs
Will W.	11-14-2023	3 yrs
Debbie S.	11-19-1992	34 yrs
Sarah-Helen L.	11-21-2008	18 yrs
Margaret M.	11-23-2019	7 yrs
Molly S.	11-30-2021	5 yrs
Back to Basics Group - Weaverville		
Todd H.	11-11-1991	35 yrs
Big Town Group		
Elizabeth G.	11-01-2013	13 yrs
Chad L.	11-14-2021	5 yrs
Black Mountain Group		
Anne O.	11-06-1979	47 yrs
Bryson City Group		
Patricia C.	11-12-1977	49 yrs
Cullowhee Valley Group		
Becky L.	11-24-2015	11 yrs
Daily Decisions Group		
Byron G.	11-02-2022	4 yrs
Jean R.	11-11-2016	10 yrs
Patrick L.	11-17-2023	3 yrs
Linden	11-25-2001	25 yrs
Fellowship Group		
Julie B	11-01-2022	4 yrs
David S.	11-06-1986	40 yrs
Mike H.	11-09-2009	17 yrs
Ian C.	11-13-2001	25 yrs
Dan C.	11-17-2022	4 yrs
Brian M.	11-19-2024	2 yrs
Evan S.	11-21-2024	2 yrs
Paul W.	11-27-1984	42 yrs
Kristele M.	11-28-2023	3 yrs
Jesse H.	11-29-2023	3 yrs
Jim H.	11-30-1982	44 yrs
Fireside Group		
Jay M.	11-03-2025	1 yr
Connie D.	11-18-2001	26 yrs

Name	Sobriety Date	Years
Good Livers Group		
Allan C.	11-02-1991	35 yrs
Sue J.	11-02-2003	23 yrs
David M.	11-04-2023	3 yrs
Kay G.	11-05-1984	42 yrs
Martha	11-11-1986	40 yrs
Sherri D.	11-13-2017	9 yrs
Sue	11-14-1986	40 yrs
Belinda	11-18-1988	38 yrs
Laurie S.	11-19-2011	15 yrs
Roger M.	11-20-2012	14 yrs
Jennifer V.	11-28-2004	22 yrs
Grace Group		
Tim F.	11-03-2019	7 yrs
Sarah P.	11-05-2016	10 yrs
Jane M.	11-06-1999	27 yrs
Heather G.	11-07-2018	8 yrs
Merrill M.	11-07-2021	5 yrs
Sandy B.	11-09-2011	15 yrs
Colleen S.	11-20-2020	6 yrs
Ken B.	11-21-2018	8 yrs
Emily L.	11-21-2019	7 yrs
Lissa T.	11-22-2020	6 yrs
Chuck E.	11-26-2011	15 yrs
Tom W.	11-26-2019	7 yrs
Erich B.	11-27-2019	7 yrs
Patricia S.	11-28-2013	13 yrs
Kaity (KayTay) T.	11-29-2019	7 yrs
Hendersonville Group		
Wes	11-09-2021	5 yrs
Alison G.	11-11-1988	38 yrs
Logan	11-17-2024	2 yrs
Jerry D.	11-18-2025	1 yr
Jan M.	11-19-1990	36 yrs
Mike S.	11-19-1997	29 yrs
Jennifer W.	11-21-2022	4 yrs
David L.	11-28-2008	18 yrs
Sue G.	11-28-2014	12 yrs
Mars Hill Group		
Heather M.	11-10-2018	8 yrs
Tony V.	11-14-1974	52 yrs
Marshall Group		
Carolyn O.	11-20-2004	22 yrs

Name	Sobriety Date	Years
Serenity Service Group		
Jessica S.	11-04-2022	4 yrs
Allison S.	11-08-1992	34 yrs
Emily W.	11-12-2024	2 yrs
Cedric G-P	11-19-2024	2 yrs
Christine A.	11-27-2024	2 yrs
Molly C.	11-27-2024	2 yrs
James H.	11-27-2024	2 yrs
Sober Sisters of Black Mountain		
Priscilla W.	11-01-2005	21 yrs
Denise C. J.	11-05-2011	15 yrs
Celena D.	11-18-2024	2 yrs
Traditional Group		
Christopher C.	11-05-2021	5 yrs
Michael W.	11-06-2009	17 yrs
Chris W.	11-25-2022	4 yrs
Joshua C.	11-28-2021	5 yrs
Waynesville Grace Group		
Daren B.	11-13-2001	25 yrs
Tray B.	11-17-2015	11 yrs
Pete S.	11-17-2016	10 yrs
Barbara H.	11-26-2003	23 yrs
Mike S.	11-28-1994	32 yrs
West Asheville Group		
Jack A.	11-05-1990	36 yrs



The December newsletter deadline for sending in anniversaries and announcements is November 20.

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



Special Meetings and Events



****** **Denotes District 15, 70, 71 and 80 special meetings and events**

Area 51 Fall Committee & Assembly Meeting. November 6-8, 2026. Hilton Raleigh North Hills, 3415 Wake Forest Road, Raleigh, NC 27609. For more information see the flyer or go to: www.northraleigh.hilton.com

National Corrections Conference 2026: "Recovery in the Wild Wild West." November 13-15, 2026. Little American Hotel, Salt Lake City, Utah. For more information see the flyer or go to: https://www.nationalcorrectionsconference.org/

****Hot Chocolate Bar and Light Snacks. December 6, 2026. The Friendship Masonic Lodge, 722 McBrayer Homestead Rd. Shelby, NC. 28152. See event information page 2 or go to:**

63rd International Women's Conference: February 11-14, 2027. Buffalo Convention Center, 153 Franklin St. Buffalo, NY 14202. For more information see the flyer or go to: https://www.internationalwomensconference.org

38th Annual Freedom from Bondage, Area 51 AA Corrections Conference. March 12-14, 2027. Hampton Inn and Suites, 200 Columbus Drive, Aberdeen, NC 28315. See the flyer or go to: https://nccorrectionscommittee.org/#conference

NC Area 51 Conferences and Events. https://aanorthcarolina.org/a51-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_summer2026.pdf

AA World Services Board Update: https://www.aa.org/sites/default/files/newsletters/AAWS_Highlights_Jan_March_2026.pdf

https://www.aa.org/quarterly-reports-from-gso

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

The Service Express

District 70

GSR Business Meeting – Meetings are held the 2nd Sunday of the month. The next meeting will be on **Sunday, November 8th, 2026 starting at 2:00 pm.** 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.

In November, we hope to fill the Officers and Service Committee Chairs positions that did not get filled in October – LCM (1), Secretary, Treasurer, Archives, Corrections, CPC/PI, Literature/GV, Technology, and Treatment. For more information, contact the DCM, Tammy Z, at dcm@ashevilleaa.org.

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 for an Accessibilities Checklist. The Accessibilities Committee meets the l**ast Saturday of every month at 4:00pm.** Go to the NCMCO website calendar for the Zoom link: https://wncaa.org/index.php/events/

Archives Committee – Are you interested in the collection and preservation of A.A. history? If so, Archives may be a good fit for you. If you want more information, please contact the DCM, Tammy Z, at dcm@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.

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. This is rewarding 12th Step work, helping those on the inside transition to the outside.
The Women's prison in Black Mountain is having an orientation **Monday, December 7th, 2026 at 6:30pm.** We also have an option to orient to online once you are pre-approved. If you would like to sign-up to volunteer, please contact Liz P. 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. If your group does not have a can, please pick one up at Central Office or reach out to Liz or Mitch and we will bring one to you.
The Area 51 Corrections Team now has a website. Please check it out at: www.nccorrectionscommittee.org. 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 preRelease@AshevilleAA.org or Mitch R, the Men's Corrections Chair, at corrections_men@ashevilleaa.org

Literature and Grapevine Committee – The Chairperson is Lynn H. 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 – The 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.
(See flyer page 12)

District 70 - continued

Treatment Facilities Committee – The Chairperson is Melissa. If you're interested in helping with the Treatment Facilities Committee or chairing an AA meeting at a treatment facility please contact Melissa at treatment@ashevilleaa.org. (see flyer page 13)

"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
For more information on Bridging the Gap and upcoming events, visit the website: www.btgww.org

District 71

GSR Meeting – held on the 2nd Saturday of the month. The next meeting will be **Saturday, November 14th, 2026 at 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 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 10th 2027 at 1:30pm.** 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).
Check their website for meeting updates: https://aawnc80.com/

District 15

GSR Meeting – held on the 3rd Sunday of the month. The next meeting will be Sunday, November 15, at 3pm, at the Friendship Masonic Lodge #388 located at 722 McBrayer Homestead Rd, Shelby, NC. All A.A. members are welcome!
There is still an opportunity for 2026-2027 service positions as District Secretary and District Webmaster. If you have questions about any of those positions you can contact Terri D, the new District 15 DCM by email: doylek351@gmail.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
District 71: Use the form at: https://www.nc71.org/meeting-change-form
District 80: Email: webmaster@aawnc80.com
District 15: Email: lshaffer155@gmail.com



November Grapevine now available!

AA Members & Mental Health

November's issue features stories from our vast Grapevine Archive about the early days of AA. There's also a special section by AA members sharing powerful stories about dealing with mental health.

https://www.aagrapevine.org

Getting the Help We Need

BY: RAY M. | HURST, TEXAS

I'm an AA member who is recovering from both alcoholism and a mental health condition. It's not something that I talk about much in meetings, but that's me.

When I came into AA, I loved it. I was trying to do everything that was suggested, yet I was struggling with quiet desperation and intrusive thoughts. I felt like I was going crazy. I was coming out of my skin and the only release I could find was through self-harm, which was getting bad. In the chapter "There Is a Solution" in our Big Book it says, "The main problem of the alcoholic centers in his mind." I was confused. Were all the other AA members feeling this way too? What should I share in meetings? What should I not share?

Finally, one day I mentioned to an older member of the group that I was cutting myself. He looked very concerned and told me, "This sounds like more than just alcoholism." A few days later, he showed up at my house with four other members from my AA group. My fiancé had arranged for an intervention. She let them in. I walked into the living room, unaware that these AA members were there to convince me to seek outside help. It must have been so uncomfortable for them, but they probably saved my life.

I resisted their suggestion before finally realizing they were right. I needed help. The following day I was on my way to a treatment center in San Antonio, where the doctors dealt with both addiction issues and mental illness.

My diagnosis was swift and accurate. Getting me on the right medication for my mental illness proved a bit more challenging. I left the treatment center after 14 days in worse shape than when I arrived. I was coming completely unglued.

My first morning back home, I sat outside on the patio drinking coffee from my favorite cup. Again, I felt that uneasy pain of desperation. I picked up the cup, threw it against the wall and watched it shatter into pieces. The medication was not working for me. I soon found myself in another psych ward. This time, I smuggled in a razor blade.

The nurse came into my room in the morning to find that I had used it. For the next few days, I had someone they called "my shadow" go with me everywhere I went. I was assigned to a really good doctor. Through trial and error, he found the right medication for me. I left two weeks later feeling much better. The obsession to harm myself was gone.

I went back to my AA group able to focus on recovery. Eventually I found a great sponsor, switched home groups and got very involved in service. I was doing so well that there came a time when I thought. Maybe if I work the Steps really hard, I won't need to take my medication anymore. I did not share this thought with my group or my sponsor, and I didn't tell my doctor. I just stopped taking my meds. In no time, I was back on the crazy train.

I learned a valuable lesson from this experience: I discovered I needed the medication to treat my mental illness just as I needed AA and the Twelve Steps to treat my alcoholism. For me, it could not be one or the other. I needed both.

Like it says in the chapter "To Wives" in our Big Book, "Sometimes there are cases where alcoholism is complicated by other disorders. A good doctor or psychiatrist can tell you whether these complications are serious." I am simply one of those cases.

I had 15 years of sobriety in AA when my medication got completely out of whack. It should have been carefully monitored, but it wasn't. I had been trusting my family doctor with my mental health, unaware that he wasn't qualified to manage my care. Luckily, I told my wife what was going on inside my head. She immediately got me the professional help I needed. They doubled my medication, and I spent 10 days in the psych ward so they could watch me for any side effects. The new dosage worked!

My last visit to a psych ward was many years ago. Today I have a psychiatrist who regularly monitors my mental health and a sponsor who helps keep me in check. I stay plugged into AA through attending meetings, sponsoring others and doing lots of service. I live a very full, happy and productive life. Thanks to a good doctor and AA, I am blessed to have 32 years of both sobriety and sanity.

"Copyright © The AA Grapevine, Inc. (November 2026) Reprinted with permission. All rights reserved. To subscribe to AA Grapevine, please visit: https://www.aagrapevine.org/store/grapevine-subscriptions

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 20th of the month in order for us to include it in the following month's newsletter.* 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: news@wncaa.org
If you have any questions, give us a call: 828-254-8539.
We look forward to hearing from you!

DISTRICT 70 TECHNOLOGY COMMITTEE

NEED TECH HELP?

We're here to help District 70 groups and committees carry the message digitally.



The Technology Committee helps provide information and facilitate access to internet resources, facilitate online meetings, social media platforms, and coordinate with other service committees in their efforts to carry the message digitally.

If your group or District 70 Committee needs assistance with any of the following, email technology@ashevilleaa.org.

01 FORMS, PAMPHLETS & FLYERS • VOLUNTEER SIGN-UPS

- Development of specialized pamphlets or Google forms to facilitate your work and outreach, including ones that allow volunteers to easily sign up for service electronically, while automatically creating and updating spreadsheets.
- Specialized pamphlets and flyers to support your committee or group.

02 ONLINE & HYBRID MEETINGS

- Providing any AA group with technical assistance in establishing or maintaining online or hybrid meetings.

03 BORROW EQUIPMENT

- The district has both a webcam and a battery-powered Bluetooth enabled speaker that are available for any group to utilize on request.

04 DISTRICT 70 ZOOM ACCOUNT

- The District 70 Zoom account is available for use by District officers and committee chairs to set up Zoom meetings.
- Specific log-ins for your different meetings can be established, either for one-time or recurring meeting purposes.
- Email technology@ashevilleaa.org to make arrangements to request use of the account and to reserve a time for the meeting on our Zoom Calendar.

NEED HELP? JUST ASK!
technology@ashevilleaa.org

We're here to make technology simple so we can focus on what matters—*carrying the message.*

CARRY THE MESSAGE



AA Volunteers Needed

Help bring meetings and the message of recovery to local treatment centers.

OPPORTUNITIES INCLUDE:

- Speaking at meetings
- Sharing your experience, strength, and hope
- Helping newcomers connect with AA

> *When anyone, anywhere reaches out for help, I want the hand of AA always to be there.*

INTERESTED?

Get involved with District 70's Treatment Committee:

Email: Treatment@AshevilleAA.org

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.
2. All correspondence is routed through the District 70 PO Box, not through your personal home / mailing address. See separate flyer with more details.
3. Arrange to meet the inside AA member upon their release.
4. 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.
5. 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.
6. Review the PreRelease Program with the ex-inmate to avoid misconceptions of what this program does and does not do.

WHAT volunteers are *NOT*:

Responsible for the member's attitude or actions in or out of meetings.
Responsible for carrying the alcoholic, as in DO NOT:

a. loan money or anything of value
b. become a personal taxi service
c. have an emotional or romantic interlude
d. Intend 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
District 70
Attn: PreRelease
PO Box 8574
Asheville, NC 28814-8574

DISTRICT 70 CORRECTIONS

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



NORTH CAROLINA

General Service Committee

Area 51 Fall Committee & Election Assembly

NOVEMBER 6-8, 2026

Theme: "PASS IT ON"

Third Legacy Elections for the Panel 77 Delegate Term

ASSEMBLY BUSINESS SESSIONS | WORKSHOPS | EARLY BIRD & SPEAKER MEETINGS
LITERATURE | GRAPEVINE | CORRECTIONS | TREATMENT | ACCESSIBILITIES | CPC | PI
ARCHIVES DISPLAYS AND MORE

WHEN

November 6-8, 2026

We will stay in session Saturday night until the elections are completed.

WHERE

Hilton Raleigh North Hills

3415 Wake Forest Road
Raleigh, NC 27609

HOTEL RESERVATIONS

Deadline for Reservations:
Tuesday, October 6, 2026

Group Code:	AR5126
Group Name:	Area 51 General Service Fall Assembly 2026
Room Rates:	$179.00 Single/Double $10.00 per additional guest
Phone:	919-872-2323 or 800-445-8667 [1-800-HILTONS]

Direct Reservations: https://tinyurl.com/49wcmxpm
Hotel Information: www.northraleigh.hilton.com

FOR BEST RESULTS

- **PLEASE MAKE YOUR RESERVATIONS EARLY!**
- Call as soon as possible and **before** the deadline. It's easier to cancel a reservation than to get one at the last minute.
- Once the rooms in our block sell out, it's unlikely other rooms will remain in the hotel.
- Specify the group code **"AR5126"** and the group name **"2026 Area 51 General Service Fall Assembly."**
- If possible, call the Hilton Raleigh North Hills directly at **919-872-2323** during business hours Monday through Friday. This gives you the best chance to speak with a reservations clerk at the hotel. At other times – when the hotel clerks are busy – calls to this number may be transferred to a regional reservations center.
- Always be sure to get a confirmation number.
- Please note there is a $75 nightly hold on your card.
- If you have ANY trouble with Room Rate, Availability, or the Night Hold please contact Lindsey H., the Area Chairperson, at chair@aanorthcarolina.org.

Thank you for your service and support of Area 51.

NATIONAL CORRECTIONS CONFERENCE 2026

RECOVERY IN THE WILD WEST



BUTCH CASSIDY PACKAGE

REGISTRATION: BANQUET,
ICE CREAM SOCIAL,
HOSPITALITY ROOM,
T-SHIRT, COFFEE MUG
$140.00

CALAMITY JANE PACKAGE

REGISTRATION:
HOSPITALITY
T-SHIRT
$80.00

SUN DANCE KID PACKAGE

REGISTRATION: BANQUET,
HOSPITALITY ROOM,
T-SHIRT
$ 130.00

NOVEMBER 13-15 2026

LITTLE AMERICA HOTEL

SALT LAKE CITY, UTAH

FOR MORE INFORMATION CONTACT KRISTEN - KRISTENDYER202@GMAIL.COM
MATT - MATTY123@MAC.COM

Attend the 63rd International Women's Conference

The Language of the Heart will be Spoken Here
IWC
INTERNATIONAL WOMEN'S CONFERENCE

Buffalo, New York, welcomes you to the 63rd International Women's Conference (IWC) where women from around the world gather to share the language of the heart. Whether this is your first time or you're an annual attendee, attending in person or online, we hope you'll find joy in sisterhood as we come together to celebrate our shared solution.

REGISTER online

www.internationalwomensconference.org

- In Person - $68
- Online - $30

MEALS

Friday Night Banquet - $75
Saturday Night Banquet - $85
Sunday Morning Brunch - $45
All 3 meal package - $175



TOURS

Tour details may be found on the website

Niagara Falls - $100
Buffalo Art Museums - $72
African American Heritage - $40
Winter Wonderland - $35
City of Lights - $75
Best of Buffalo Culinary - $75

The hotels listed below are all within reasonable walking distance to the Convention Center.

- **Hyatt Regency** – Primary hotel with bridge connection to Convention Center.
- **Statler Buffalo** – Directly next to the Buffalo Convention Center
- **Hilton Garden Inn** – 0.2 mile walk
- **Curtiss Hotel** – 0.2 mile walk
- **Holiday Inn Express** – 0.4 mile walk to the Buffalo Convention Center or 0.2 Mile walk to Hyatt & covered bridge connection
- **Hotel at the Lafayette** – 0.3 mile walk
- **Embassy Suites** – 0.3 mile walk
- **Hampton Inn & Suites** – 0.3 mile walk
- **The Westin** – 0.3 mile walk

Buffalo Convention Center
153 Franklin Street
Buffalo, NY 14202
February 11-14, 2027

38th Annual
"FREEDOM FROM BONDAGE"
Area 51 A.A. Corrections Conference



March 12, 13, 14 2027

Hampton Inn & Suites
200 Columbus Drive
Aberdeen, NC 28315

Conference Registration Fee: $35.00

Register and pay for the Conference:

www.nccorrectionscommittee.org/#conference

Hotel Room Rates: -

Standard Room $144.00, Suite $164.00

Reserve Your Hotel Room: -

www.nccorrectionscommittee.org/#conference

- Inspiring Speakers
- Informative Panels
- Correctional Archives
- Volunteer Resources
- Fellowship & Fun
- Sweet Thangs

Call Hotel: 910-693-4330

Group Discount Code: CHHFRE

Reserve by February 12 to get Group Rate

Registration opens at 2:00 pm on Friday

For more information:

Email: coordinator@nccorrectionscommittee.org

www.nccorrectionscommittee.org

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

38th Annual Freedom from Bondage

Area 51 A.A. Corrections Conference

Registration rate $35

Name:_____

City:_____

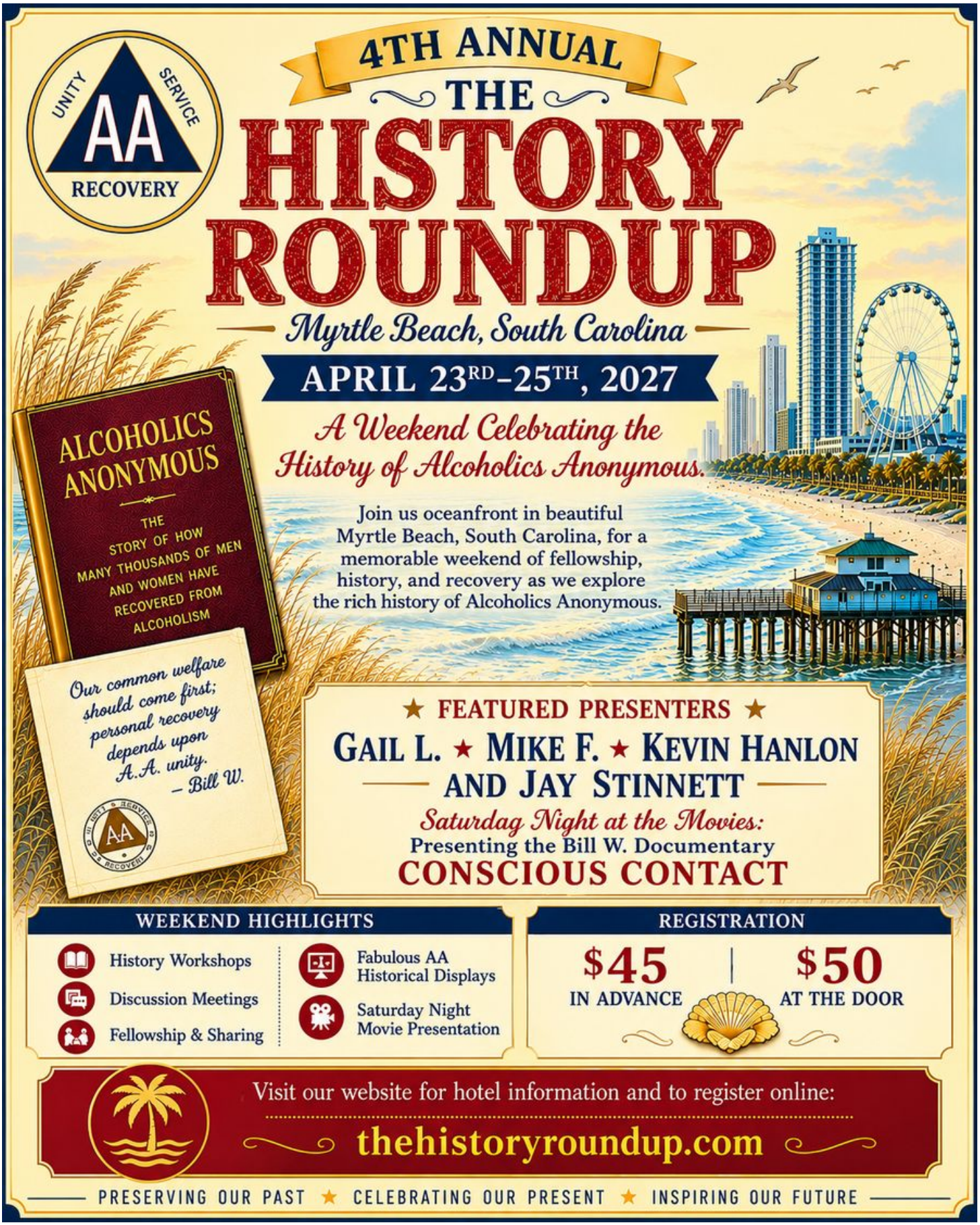
Email:_____

Correctional Facility You Attend: _____

Are you Willing to Volunteer at FFB?_____

Make checks payable to:
"NCGSC" and mail to:

FFB38
P.O.Box 37654
Raleigh NC 27627


UNITY
SERVICE
AA
RECOVERY
4TH ANNUAL
THE
HISTORY
ROUNDUP
Myrtle Beach, South Carolina
APRIL 23RD–25TH, 2027
A Weekend Celebrating the History of Alcoholics Anonymous.
ALCOHOLICS ANONYMOUS
THE STORY OF HOW MANY THOUSANDS OF MEN AND WOMEN HAVE RECOVERED FROM ALCOHOLISM
Our common welfare should come first; personal recovery depends upon A.A. unity.
– Bill W.
Join us oceanfront in beautiful Myrtle Beach, South Carolina, for a memorable weekend of fellowship, history, and recovery as we explore the rich history of Alcoholics Anonymous.
★ FEATURED PRESENTERS ★
GAIL L. ★ MIKE F. ★ KEVIN HANLON
AND JAY STINNETT
Saturday Night at the Movies:
Presenting the Bill W. Documentary
CONSCIOUS CONTACT
WEEKEND HIGHLIGHTS
History Workshops
Discussion Meetings
Fellowship & Sharing
Fabulous AA Historical Displays
Saturday Night Movie Presentation
REGISTRATION
$45 IN ADVANCE
$50 AT THE DOOR
Visit our website for hotel information and to register online:
thehistoryroundup.com
PRESERVING OUR PAST ★ CELEBRATING OUR PRESENT ★ INSPIRING OUR FUTURE