

MOUNTAIN DOIN'S

Central Office Newsletter

APRIL 2004



Published by the North Carolina Mountain Central Office (Districts 70, 71, & 80). Address: 107 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801. Phone: Buncombe County: 254-8539. Elsewhere in WNC: 1-800-524-0465

District 70 Eating Meeting

Sunday 18th April, 2004

@ The Center for Creative Living

(2 Science of Mind Way, Asheville, NC on the corner of Sand Hill Road and South Bear Creek Road.)

GSR Meeting @ 2:30 PM

Eating @ 4 PM

Open speaker meeting @ 5 PM

Bring a covered dish, dessert, or a beverage to share.

This fiesta is sponsored by the Women's Safe and Sound Group and the Young Peoples Group.

Questions? Call Jodie @ 350-1165

From downtown and points north:

Traveling on I-240 West, exit 1B (Brevard Rd./Hwy 191), turn left at light and travel 1/2 mile to So. Bear Creek Road (just before crossing (I-40). Turn right and stay on this road until it ends at a stop sign. Turn left onto Sand Hill Road. Center entrance is on your left.

From points east and near north (Black Mt. And North Asheville:

Traveling west on I-40, exit 47 (farmers mkt/hwy 191). Go straight across light onto South Bear Creek Road. Stay on this road until it ends at a stop sign. Turn left onto Sand Hill Road. Center entrance is on the left.

Serenity Service Group Spring Reunion

To celebrate the first anniversary at its location on Haywood Road, the serenity Service Group invites everyone to a picnic!

Sunday May 16th, 2004

10:30-4:00 at West Asheville Park



We'll provide meat, fixings, and beverages at no cost. Please bring a covered dish or dessert. Come prepared for softball, volleyball, horseshoes, and more fun than you can handle!

The regularly scheduled 11 AM meeting will occur at the event.

Directions: From Haywood Road, turn onto Brevard Road. After approximately 1/4 mile, make a right onto Davenport. The park is a little further on the left.

Mountain Doin's is published monthly as an informational service to all A.A. members in Western North Carolina Districts 70, 71, and 80. Opinions expressed herein are not to be attributed to A.A. nor does publication of any feature imply endorsement by A.A. or by the N.C. Mountain Central Office. Material reprinted from A.A. World Services Incorporated, or from *The Grapevine* is published with permission.



New meeting:

Tuesday noon: **Goodlivers**. Grace Episcopal Church (871 Merrimon Avenue).

New meeting: **Experience, Strength & Hope Group**. Thursday 7PM. Open (NS) Step study meeting. Jonathan Valley Wesleyan Church 1082 Jonathan Creek Road.

Address update:

**DISTRICT 80 TREASURER
PO BOX 958
WAYNESVILLE, NC 28786**

Central Office email address:
NCMCO@bellsouth.net

Central Office Phone Log



“I am responsible... When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And, for that, I am responsible.

Phone Log 2/2/04 - 2/27/04

Answering Service Calls.....	190
General Information.....	27
A.A. Help.....	3
Family Help (Al-Anon).....	6
Meeting Information.....	43
Central Office Business.....	37
P.I. Calls.....	1
Medical Help (Hospital, Detox, etc.).....	1
Others.....	67
Visitors.....	:)

St. Paddy's Day Dance

Saturday, March 20

7-8PM: Open Speakers Meeting

8-Midnight: *Dancing*

Disc Jockey, Contra Dancing

Live music...

with fiddle, guitar and caller

The caller will teach beginning contra dancing. Children over 7 can participate in contra dancing.

Fletcher School of Dance in Asheville. 177 Patton Avenue (2 blocks west of Federal Building). Parking lot security provided. Suggested donation—\$8.00 couple/\$5.00 single.



Bring hors d'oeuvre or desserts. Coffee, water, and soft drinks \$1.00. Free coffee refills.

Contact Jennifer S. at 252-7519 for more information.

(Hosted by the Acceptance Group)



Back to Basics Weaverville Group

Kelsey 4-12-83 21 years
 Perry 4-15-86 18 years
 Margaret 4-29-86 18 years

Conscious Contact Group

Rick D. 4-21-93 11 years
 Dan J. 4-5-01 3 years
 Staphanie W. 4-16-86 18 years

Edneyville Group

Micheline H. 4-14-80 24 years

Fellowship Group

Steve A. 4-1-87 17 years
 Lucy H. 4-5-88 16 years
 Beverly R. 4-7-03 1 year
 Carole S. 4-10-88 16 years

Grace Group

Brian M. 4-22-78 26 years
 Zoe H. 4-18-87 17 years
 Margaret G. 4-19-90 14 years
 Beth T. 4-30-93 11 years
 Ron C. 4-15-96 8 years
 Sally K. 4-11-97 7 years
 Elena L. 4-20-00 4 years
 Roger P. 4-21-00 4 years
 Shirley H. 4-1-01 3 years
 Camil S. 4-18-02 2 years

Hendersonville Happy Hour Group

Dave B. 4.21.97 7 years
 Theresa H. 4.26.99 5 years
 David W. 4.22.99 5 years
 Gene McF. 4.1.68 36 years

Hendersonville Thursday Afternoon Women's Group

Merrit 4-5-89 15 years
 Miriam S. 4-17-87 17 years

Maple Grove Group

Dick B. 5-2-80 24 years
 Jimmie T. 5-25-00 4 years

Midday Group

Micheline H. 4-16-80 24 years

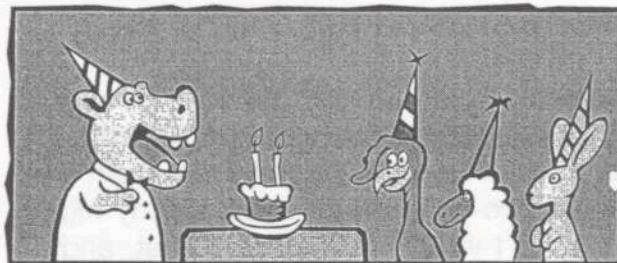
Tryon Group

Harry G. 4-22-91 13 years
 Louie D. 4-25-95 9 years
 Reese F. 4-7-02 2 years

Unknown

(be sure to submit group name with birthdays)


Stewart R. 4-16-97 7 years
 Sam B. 4-28-85 19 years
 Dienette 4-12-95 9 years
 John A. 4-19-89 15 years



Please email A.A. birthdays to NCMCO@bellsouth.net by the 1st of the previous month.
 (Please submit names, dates, and years in above format.)

**BIG BOOK
 PRICE CHANGE...**

	OLD PRICE	NEW PRICE
HARDCOVER	\$5.00	\$6.00
SOFTCOVER	\$4.60	\$5.60



Treasurer's Report

N.C. Mountain Central Office, Inc. Financial Report for the month of February 2004.

Group Contributions

Acceptance Group.....	50.00
Alcothon.....	99.75
Bryson City Group.....	20.00
Edneyville Group.....	20.00
Grace Group.....	423.68
Grace of God Group.....	20.00
Hendersonville Group.....	43.54
Hendersonville Happy Hour Group.....	60.00
Hendersonville Midday Group.....	25.00
Murphy No Nonsense Group.....	50.00
Original Recipe Group.....	30.40
Round Table Group.....	100.00
Six O'Clock Group.....	200.00
Sylva Group.....	100.00
Sylva Lunch Group.....	15.00
Sylvan Valley Group.....	25.00



From p. 337

Experience, Strength, and Hope

...I have told you some of the funny things, but not much of the shame and degradation. I fell down and knocked out my front teeth. I dropped a two-quart water bottle on my big toe. I couldn't walk, having it in a cast, and the doctor left the cast on three weeks longer than was necessary because he never found me sober enough to take it off.

One afternoon, the year after moving to Houston, I got as drunk as a skunk, and while I do not walk very straight sober, you should see me when I'm drunk! I was just

BEGINNING BANK BALANCE (2/01/04)..... 2713.59

Income

Total Group Contributions.....	1282.37
Cash on Hand.....	27.26
Bank Interest.....	0
Sales Income.....	2235.03
TOTAL.....	6258.25

Expenses

Rent.....	156.00
Salary.....	600.27
Payroll Tax.....	0
Telephone: Bell South.....	184.25
Telephone: MCI.....	58.30
Answering Service.....	218.50
Printing: Where and When.....	4.61
Printing: Mountain Doin's.....	13.00
Editor.....	150.00
Sales Tax.....	143.74
Books & Chips.....	2525.48
Postage.....	47.16
Postage: Mountain Doin's.....	60.38
Bank Service Charges.....	0
Office Supplies.....	39.27
TOTAL EXPENSES.....	4200.96

END BANK BALANCE (2/29/04)..... 2057.29

To help Central Office maintain a healthy cash flow we request that groups pay their bills for material every two weeks. Thanks for your help.

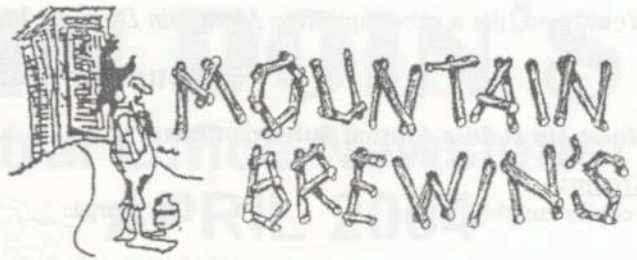
as drunk as I could be, getting ready to take an afternoon walk. I got into slacks and out I went, weaving with the dog. A patrol car passed. The cop must have seen the condition that I was in because he decided to take me home. When he picked me up, I must have gotten sassy and told him that he couldn't do that, so he took my dog home and took me to jail! As I said before, I don't like to be fenced in, and with those bars you don't get hotel service. They phoned my husband that I was in jail and in such terrible shape that they didn't know what I would do to myself; and they realized that jail was no place for me, but that he was to wait a while before he got me, because at the time they

(continuation from previous page)

called him to come over for me I was beating a tin cup against the wall. I wanted a cigarette and room service, which I didn't get. So I was in just a few hours. But somewhere during that time, I remembered going back on the bunk and crying my eyes out. I think that is when I hit bottom.

My husband couldn't tell whether I wanted to do something about my drinking. I was as defiant as anybody could be because I was scared. I didn't know which way to turn. So when he came for me, as he walked down the stairs, I could see him through the bars, and he was signing for me; I looked at him and said, "Don't you sign anything in this place!" I was going to sue the city for what they did to me. But Frank turned around and looked at me and said, "Esther, remember you're in jail and not at home." I don't want anybody ever to look at me like that again. The contempt and disgust that was in his face and thoughts! I think I actually read more contempt than was really there because just a week before someone had sent him the Saturday Evening Post article on A.A., and there was some glimmer of hope in it for him.

There was something else that I could try-A.A. But Frank was frightened to death to give it to me, because I resented everything he said and did. So he waited another week or tow and I don't think I stayed sober hardly at all. Frank was out of town, and I remember that he'd gotten in this one night and found me drunk. The next morning he came into my room and said, "Esther, I'm not going to lecture you anymore, but I want you to read this article. If you will try this thing, I'll go along with you. If you don't, you will have to go hojme. I cannot sit by and watch you destroy yourself."



A man walks into a pub and clears his voice to the crowd of drinkers. He says, "I hear you folks are a bunch of hard drinkers. I'll give \$500 dollars to anybody in here who can drink 10 pints of ale back-to-back."

The room is quiet, and no one takes up the offer. One man even leaves. Thirty minutes later the same drunk who left shows back up and taps the dealmaker on the shoulder. "is your bet still good?" he asks. "Yes" replies the dealmaker and asks the bartender to line up 10 pints of ale. Immediately the drunk tears into all 10 on the pint glasses, drinking them all back-to-back.

The other pub patrons cheer as the dealmaker sits in amazement. He pays the \$500 dollars and says, "If ya don't mind me askin', where did you go for that 30 minutes you were gone? The drunk replies, "Oh...I had to go to the pub down the street to see if I could do it first."



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Single copy monthly

\$6.00 per year

Please circle which of the above you wish to receive and make out check or money order accordingly. Subscription rates are subject to change, dependent upon USPS rates.

Clip and mail with check or money order to:

N.C. Mountain Central Office

107 Park Place Offices

70 Woodfin Place

Asheville, NC 28801

Group of Individual Name _____

Street/P.O. Box No. _____

Town and Zip Code _____

North Carolina Mountain Central Office
107 Park Place Offices
70 Woodfin Place
Asheville NC 28801

Address correction requested

Place
Postage
Stamp
Here