

MOUNTAIN DOIN'S

Central Office Newsletter

MAY 2005



Published by the North Carolina Mountain Central Office (Districts 70, 71, & 80)
107 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801
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CALENDAR

April 29—May 1st

Area 51 Correctional Facilities Conference
Holiday Inn Conference Center, U.S. 1 N., Southern
Pines, NC. 1-800-262-5737 for reservations.
Registration begin at 3PM, May 1.
For more info contact Michael C. at (828) 777-7334.

MAY 13-15

Spring Assembly
Hilton North Raleigh, 3415 Wake Forest Rd. Raleigh.

MAY 22nd

District 71: Eating & GSR Meeting
Columbus Presbyterian Church
DIRECTIONS: Take 26 East, get off the Columbus
exit. Once off the exit take a left. Go to the first stop
sign, which will be the corner of Walker and Peniel
Streets. Church is straight across.

GSR Meeting: 2:30PM

Eating: 4PM

Speaker: 5 PM

Please bring a covered dish to share.

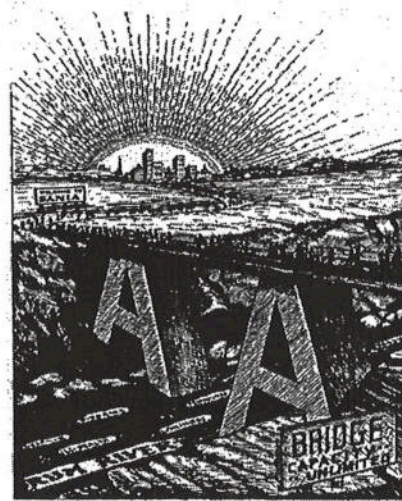
MAY 30th

NCMCO Central Office CLOSED.

SEPTEMBER 30th-OCTOBER 2nd

AAWS Seminar for Central Office Managers
Charlotte, NC

**For more info contact Kathy Stubbs at:
1-703-377-0244 or info@charloteaa.org**



JUNE 30-JULY 3rd

International Convention
Toronto, Canada.

JULY 28-31st

58th NC State Convention
Hilton North Raleigh, 3415 Wake Forest Rd. Raleigh.

AUGUST 27-28th

Fall Committee Meeting
Hilton North Raleigh, 3415 Wake Forest Rd. Raleigh.

NOVEMBER 18-20th

Fall Assembly
Hilton North Raleigh, 3415 Wake Forest Rd. Raleigh.



Things We Cannot Change:

Bennet J., a member of the Sylvan Valley Group in Brevard, passed on March 15, 2005. Bennet enjoyed 51 years of sobriety!

Service Opportunities:

Volunteer Phone Service is looking for AA members willing to cover shifts for the AA phone line. All training information will be provided.

If interested, please contact:

Harry S. (828) 252-7500, harrys8684@charter.net.

The Correctional Facilities Committee (CFC) is in need of AA's interested in taking AA meetings into WNC correctional facilities. If interested, please call Michael C. (828-777-7334) or Frank H. (828-250-0990).

District 70 is in need of an archivist, to help preserve the District's AA history. Outgoing archivist will train. Please call Becky H. for more information at 628-1381.

Meeting Change:

The Fellowship Group of Arden is changing the location of it's meetings. Effective April 1 the group will move to the Calvary Episcopal Church, 2840 Hendersonville Rd. in Fletcher. Across the street from Ingles, go to the back of the church—meeting times will remain the same.

Meeting Cancellation:

The Columbus Wednesday 8pm All-Comers Group at St. Luke's Hospital Library has been cancelled.

Meeting Update:

The Arden group has the following meeting update/changes:

MONDAY: Noon, Fellowship Grp-Calvary Episcopal Ch. Hendersonville Rd. (O.D.NS.)

TUESDAY: 6:30PM, Fellowship Grp-Calvary Episcopal Ch. Hendersonville Rd.

WEDNESDAY: Noon, Fellowship Grp-Calvary Episcopal Ch. Hendersonville Rd. (C.BB.NS.)

THURSDAY: Noon, Fellowship Grp-Calvary Episcopal Ch. Hendersonville Rd. (O.D.NS.)

FRIDAY: Noon, Fellowship Grp-Calvary Episcopal Ch. Hendersonville Rd. (O.D.NS.)

SATURDAY: 6PM, Fellowship Grp-Calvary Episcopal Ch. Hendersonville Rd. (O.D.NS.) NEW MEETING!

Meeting Update:

YANA has the following meeting update/changes:

SUNDAY:

12:30PM Brunch Bunch (bring something to share) (O)

MONDAY:

7:30AM Our Daily Bread (11th Step Meditation) (O)

5:30 PM Happy Hour (O)

8PM Courage to Change (O)

TUESDAY:

7:30AM Our Daily Bread (11th Step Meditation) (O)

5:30 PM Men's Big Book Study Group (O)

WEDNESDAY:

7:30AM Our Daily Bread (11th Step Meditation) (O)

5:30 PM Women's Happy Hour (O)

THURSDAY:

7:30AM Our Daily Bread (11th Step Meditation) (O)

5:30 PM Happy Hour (O)

FRIDAY:

7:30AM Our Daily Bread (11th Step Meditation) (O)

5:30 PM Happy Hour (O)

9PM T.G.I.F. (O)

SATURDAY:

9:30 PM Saturday Night Live (candlelight) (O)

Online Resources:

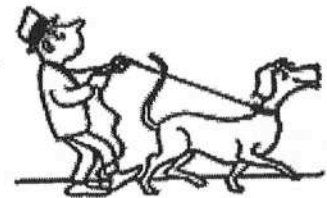
www.aa.org

www.ashevilleaa.org

www.aaroundtable.com

www.aagrapevine.org

www.charlotteaa.org



Losing Financial Fears

When the job still looked like a mere means of getting money rather than an opportunity for service, when the acquisition of money for financial independence looked more important than a right dependence on God, we were the victims of unreasonable fears. And these were fears which would make a serene and useful existence, at any financial level, quite impossible.

But as time passed we found that with the help of AA's Twelve Steps we could lose those fears, no matter what our material prospects were. We could cheerfully perform humble labor without worrying about tomorrow. If our circumstances happened to be good, we no longer dreaded a change for the worse, for we had learned that these troubles could be turned into great values, for ourselves and for others.

Twelve and Twelve, pp. 121-122.



Acceptance Group

Rod B	5-5	20 years
Walter T	5-6	27 years
Greg M	5-14	1 year
David R	5-21	28 years
Steve S	5-27	2 years

Andrews

Jay N	5-9-02	3 years
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Black Mt.

Dave A	5-22-82	23 years
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Brevard Serenity

Linn B	5-15-96	9 years
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Bryson City

Charlie P	5-15-74	31 years
Ed S	5-7-86	19 years

Cumberland

Marianne R	5-3-86	19 years
Lee R	5-8-92	13 years
Rusty M	5-10-83	22 years

Daily Decisions

Elizabeth J	5-10-95	10 years
Tim H	5-12-04	1 year

Fellowship

Donna B	5-10-88	17 years
Buzz H	5-22-88	7 years

Tryon

Sharon B	5-20-85	22 years
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Upward

Vee S	5-20-79	26 years
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Grace Group

Michael R	5-2	18 years
Steven H	5-1	6 years
Hillary H	5-12	3 years
Frank R	5-3	2 years
Wilson B	5-13	2 years
Steve M	5-25	1 year
Dewey F	5-23	1 year
Albert W	5-20	1 year

Happy Hour

Glen H	5-24-93	12 years
Joyce P	5-6-91	14 years

Hendersonville

Ron C	5-27-4	1 year
Harold F	5-24-92	13 years

Hendersonville Middy

Karen T	5-1-85	20 years
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Hendersonville Thursday Afternoon Women's

Lorry F	5-28-74	31 years
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Mars Hill

BJ T	5-11-90	15 years
Chuck R	5-20-84	21 years

Traditional

Stan O	5-8-97	8 years
Eugene P	5-11-91	14 years
Cyndt T	5-28-94	11 years
Kathy H	5-17-92	13 years
Anthony T	5-15-98	7 years
Bob K	5-29-93	12 years
David TC	5-9-1	4 years
John M	5-29-1	4 years
Floyd M	5-9-95	10 years
D.W.	5-25-3	2 years
Michael W	5-5-3	2 years
Herbert H	5-3-85	20 years
Tamara G	5-24-2	3 years
Greg M	5-16-4	1 year
Kenneth W	5-8-4	1 year
Takiya J	5-24-97	8 years
James Mc.	5-10-4	1 year
Steve S	5-5-2	3 years

NOTE: Please make sure your birthday is getting submitted with your primary home group only. Otherwise, simply be aware that your birthday may appear only once.

Email A.A. birthdays to NCMCO@bellsouth.net **before** the 1st of the previous month.
Ex: April birthdays before March 1st. (Please submit names, dates, and years in above format.)



Treasurer's Report

N.C. Mountain Central Office, Inc. Financial Report from the month of March 2005.

<u>Group Contributions</u>	
Hendersonville Happy Hour	20
Kanuga	22.50
Happy Hour	25
Sunshine	25
New Dale/New Day	40
Hendersonville	41.45
Hendersonville Middy	50
Serenity Service	50
Acceptance	98
Conscious Contact	135
Day By Day	142.44
Lambda	180
Maple Grove/Clyde	458.05



BEGINNING BANK BALANCE (2/25/05).....	1547.24
<u>Income</u>	
Total Group Contributions.....	1287.44
Individual Contributions.....	100
Cash on Hand.....	27.26
Bank Interest.....	.06
Sales Income.....	2169.86
Return Postage.....	56.13
Other Income.....	0

TOTAL..... 3640.69

<u>Expenses</u>	
Rent.....	162.00
Payroll.....	600.27
Payroll Tax.....	64.77
Telephone: Bell South.....	66.23
Telephone: MCI.....	68.56
Answering Service.....	199.50
Printing: Where and When.....	0
Printing: Mountain Doin's.....	38
Editor.....	150
Sales Tax.....	151.89
Literature, Chips & Medallions.....	1503.55
Postage.....	46.72
Postage: Mountain Doin's.....	64.14
Bank Service Charges.....	0
Office Supplies.....	0
Copier Maintenance.....	404.20
Misc. Expenses.....	60.80

TOTAL EXPENSES..... 3580.63

END BANK BALANCE (3/30/05)..... 1580.13

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

Rocketed Into the Fourth Dimension

From Grapevine, December 1995

The message of Alcoholics Anonymous that we can carry into treatment centers is that this Fellowship has changed us from drunk and miserable to happy and sober, and that it can do the same for the man or woman sitting at what is perhaps their first AA meeting.

The Big Book talks of the rewards of service to us at the beginning of chapter seven, "Working With Others": "Practical experience shows us that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail." Bill joyously wrote in *Twelve Steps and Twelve Traditions* that an AA who begins to do Step Twelve "somehow knows that God has enabled him to make a mighty beginning, and he senses that he stands at the edge of new mysteries, joys, and experiences of which he had never even dreamed."

In several years of treatment center commitments, I've been privileged to have stayed sober, to have had the obsession to drink lifted from me, and to have had the experience of feeling that I'm a useful human being. When I was drinking, I was a completely useless person. I believe that much of the joy I have in my life now has come directly from being of service to others. I feel I could do less for AA and still not drink, but I know I would not be as happy in my sobriety as I am now. When I give of myself in the service of AA, not only do I stay sober, but I receive the gifts of the spirit: humility, serenity, and peace.

Almost all AA meetings held in treatment centers in any part of the country need support. On some occasions I've been the only outside AA member at the meeting where I have my commitment. I know of other meetings at this treatment center where no one shows up, and so the people there--who are, literally, "the alcoholic who still suffers"--don't have an AA meeting that night.

The cornerstone of the Fellowship of Alcoholics Anonymous is "one alcoholic helping another." The importance of this short phrase cannot be underestimated. The Big Book recounts the instance when Bill W. paced the lobby of the Mayflower Hotel in Akron, Ohio in 1935. At one end of the lobby was a cocktail bar, at the other end was a church directory. Although he had been sober six months and had had a profound spiritual experience, he had a desire to go into the bar. Knowing he must find another alcoholic to help he went to the church directory, and through it, eventually found Dr. Bob S.

Had he not found another alcoholic to help, he might have gone into the bar and had a drink. If he had had a drink he might have died drunk and there never would have been an Alcoholics Anonymous. That is why "one alcoholic helping another" is so important.

The Big Book, written in the late 1930s, suggests looking for alcoholics who want to recover by "asking a few doctors, ministers, priests or hospitals." Nowadays it's easier. Going to a treatment center meeting is as easy as getting a meeting directory and figuring out directions. Waiting there right now are alcoholics who want to get sober.

The results of any service work to the AA who performs it will be enormous. The Big Book doesn't talk about us simply not drinking; it talks about us "being rocketed into a fourth dimension," and states, "this is an experience you must not miss."

For me, it has indeed been an experience I am grateful not to have missed.

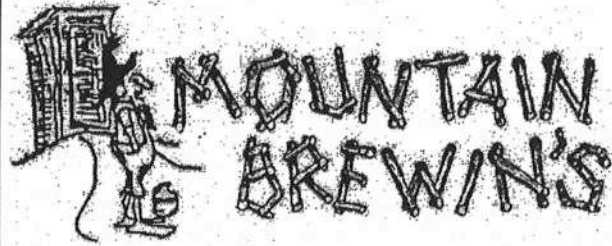
Central Office Phone Log



"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 3/1/05 - 3/30/05

Answering Service Calls.....	275
General Information.....	14
A.A. Help.....	4
Family Help (Al-Anon).....	3
Meeting Information.....	78
Central Office Business.....	19
P.I. Calls.....	1
Medical Help (Hospital, Detox, etc.).....	0
Others.....	10
Visitors.....	103



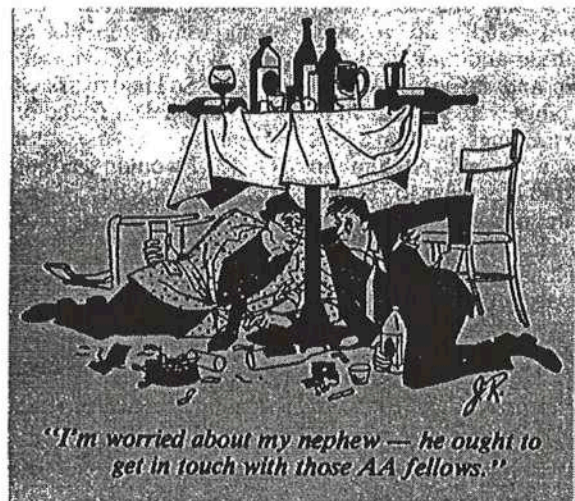
A man and his wife are awakened at 3 o'clock in the morning by a loud pounding on the door. The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push.

"Not a chance," says the husband, "It is three o'clock in the morning." He slams the door and returns to bed. "Who was that?" asked his wife. "Just some drunk guy asking for a push", he answers. "Did you help him?" she asks.

"No. I did not. It is three o'clock in the morning and it is pouring rain outside!" His wife said, "Can't you remember about three months ago when we broke down and those two guys helped us? I think you should go help him, and you should be ashamed of yourself!"

The man gets dressed and goes out into the pouring rain. He calls out into the dark, "Hello! Are you still there?" "Yes," comes back the answer. "Do you still need a push?" calls out the husband. "Yes! Please!" comes the reply from the darkness. "Where are you?" asks the husband. "Over here on the swing!" replies the drunk.

XXX



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