

MOUNTAIN DOIN'S

Central Office Newsletter

AUGUST 2005



Published by the North Carolina Mountain Central Office (Districts 70, 71, & 80)
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Calendar

JULY 28-31

58th NC State Convention

Hilton North Raleigh Hotel, 3415 Wake Forest Road, Raleigh

For more info contact Vic L. (704) 694-3844; Emily D. (919) 383-0808; Bill T. (919) 475-7177; or mrvic94@hotmail.com

AUGUST 7

District 71 Eating Meeting

St. Timothy's United Methodist Church, Brevard.
Directions: 64 to Brevard exit; left at light onto Asheville Highway toward downtown Brevard; go 1 1/2 miles and turn left on Hospital Drive at Triangle Stop convenience store; church is on right across from store

GSR: 2:30 p.m.

Eating: 4 p.m.

Speaker: 5 p.m.

AUGUST 14

Central Office Meeting

Serenity Service, 697 Haywood Road, West Asheville

Meeting: 2 p.m.

AUGUST 14

District 70 Meeting

St. Luke's Church, 219 Chunn's Cove Road

Meeting: 2:30 p.m.

AUGUST 14

Marion Group Eating Meeting

St. John's Episcopal Parish House, South Main Street across from police station, Marion

Eating: 5 p.m.

Speaker: 6 p.m.

AUGUST 27-28

Fall Committee Meeting

Hilton North Raleigh, 3415 Wake Forest Road, Raleigh

AUGUST 28

55th Anniversary Hendersonville Group Potluck Dinner

1620 Willow Road, Hendersonville

Eating: 1 p.m.

Speaker: 2 p.m.

SEPTEMBER 30-OCTOBER 2

AAWS Seminar for Central Office Managers

Charlotte, NC

For more info contact Kathy Stubbs (703) 377-0244 or info@charloteaa.org

NOVEMBER 18-20

Fall Assembly

Hilton North Raleigh, 3415 Wake Forest Road, Raleigh

ONLINE RESOURCES

www.aa.org www.ashevilleaa.org
www.aaroundtable.com www.aagrapevine.org
www.charloteaa.org



ANNOUNCEMENTS

As of July 1, 2005 all books (excluding the Big Book) have increased in price by \$1.00.

SERVICE OPPORTUNITIES

District 70 is in need of a Treasurer. Outgoing will train. Short term. For more info, call Becky (828) 628-1381.

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

Spanish and other foreign language speakers needed.

If interested, contact Harry S. (828) 252-7500 or email harrys8684@charter.net

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



"The thing about school is—you can live with it if you take it one day at a time."

MEETING CHANGES

Murphy has a new meeting: **K.I.S.S.** group, Sundays at 5 p.m. in the white building behind the Murphy Presbyterian Church on Valley River Avenue. Open, speaker or discussion.

There's a new meeting in Brevard: **Up the Creek Group** meets Saturdays at 4 p.m. in North Village at Brevard College. It's open and non-smoking.

The YANA club hosts a new meeting called **Lunch Bunch**, Monday through Friday at noon.

The **Common Sense Group** in Franklin has an additional meeting time, on Wednesdays at 5:30 p.m. at St. Cyprians Episcopal Church, 216 Roller Mill Road. It's open, Grapevine, discussion.

The **Mountainside** meeting in Robbinsville takes place only on Mondays.

The **No Name Group** in Murphy now meets at 7 p.m. on Tuesdays. It's open discussion.

The **New Hope Group** in Franklin now meets at St. Cyprians Episcopal Church, 216 Roller Mill Road.

The Friday 6 p.m. **Safe and Sound Women's Meeting** is cancelled.

Please note a change in parking arrangements for the Asheville **Grace Group**: only park and enter from the church parking lot on Gracelyn Avenue.

Grace Group's 5:30 Sunday meeting has moved to the board room of the Asheville Housing Authority, 165 S. French Broad.

The **Brevard Serenity Group** has new meeting locations in effect at the following places and times:

Mountain Laurel, 18 Hospital Drive: Mondays at 5:30 are open, Big Book study, non-smoking; Thursdays at 5:30 are open, Step study, non-smoking (with Traditions study on the 3rd Thursday of the month).

Transylvania County Hospital, in the Newland Conference Room (the hospital has a direct entrance in the back): Wednesdays at 5:30 are open, beginners, non-smoking; Fridays at 5:30 are open discussion, As Bill Sees It, non-smoking.



Acceptance Group

Joe 8/14/04 1 year

Asheville Big Book Step Study

Harry S. 8/6/84 21 years
 Jan F. 8/5/84 21 years
 Lee W. 8/17/91 14 years
 Mary T. 8/24/87 18 years

Back to Basics

Danny R. 8/20/96 9 years
 Diane M. 8/9/93 12 years
 Pete M. 8/8/83 22 years

Blue Ridge

Don F. 8/18/70 35 years
 John G. 8/9/90 15 years

Brevard

Dale F. 8/31/76 29 years
 Judy I. 8/14/95 10 years
 Ken B. 8/13/84 21 years
 Kirk L. 8/7/97 8 years

Conscious Contact Group

Jane A. 8/16/04 1 year
 Kari K. 8/20/87 18 years
 Liz D. 8/12/85 20 years
 Rita V. 8/17/92 13 years
 Sue D. 8/6/90 15 years
 Wayne F. 8/11/84 21 years

Cumberland Group

Lynda M. 8/6/85 20 years
 Rob R. 8/7/83 22 years

Etowah

Michael I. 8/31/83 22 years

Fellowship

Dream 8/8/91 14 years
 Heidi K. 8/2/00 5 years
 Susan W. 8/24/00 5 years
 Wayne A. 8/8/80 25 years

Grace

Brent R. 8/25/00 5 years
 Doug H. 8/29/02 3 years
 Ed H. 8/12/04 1 year
 Linda Mc. 8/6/85 20 years
 Rich S. 8/5/02 3 years
 Sue T. 8/6/03 2 years

Happy Hour

Joyce S. 8/13/03 2 years
 Meredith 8/20/01 4 years
 Pam R. 8/22/04 1 year
 Tommy H. 8/20/04 1 year

Hendersonville

Carol D. 8/11/94 11 years
 Eric J. 8/10/03 2 years
 Joe T. 8/24/96 9 years
 Karen J. 8/13/04 1 years

H-ville Thurs. Afternoon

Debbie B. 8/22/02 3 years
 Jennie M. 8/18/85 20 years

Mars Hill

Diane McG. 8/9/93 12 years

Midday

Bill J. 8/19/79 26 years
 Bill T. 8/28/87 18 years
 Charlene D. 8/20/84 21 years
 Ed L. 8/31/89 16 years
 Greg G. 8/15/89 16 years
 Karen B. 8/6/03 2 years
 Tom P. 8/15/95 10 years

Sylvan Valley

Merlin C. 8/25/95 10 years

Traditional

Chase B. 8/29/03 2 years
 Chavis J. 8/23/04 1 year
 Deborah W. 8/3/04 1 year
 Herb C. 8/15/83 22 years
 Noel W. 8/15/04 1 year
 Richard T. 8/7/84 21 years
 William S. 8/17/04 1 year

Tryon

Ray J. 8/15/91 14 years

Upward

Sara S. 8/7/02 3 years

Waynesville Serenity

Darlene S. 8/1/97 8 years
 Jill B. 8/24/02 3 years
 Ronda I. 8/6/97 8 years
 Royal P. 8/5/70 35 years

West Asheville

Bill S. 8/22/87 18 years
 Charlene Z. 8/12/74 31 years

Email A.A. birthdays to NCMCO@bellsouth.net **before** the 1st of the previous month.

Example: April birthdays before March 1. (Please submit names, dates, and years in above format.)

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.



Treasurer's Report

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

GROUP CONTRIBUTIONS

Acceptance	50.00
Black Mountain	82.50
Bryson City	30.00
Cashiers Valley	113.00
Common Sense	42.02
Cumberland Ave	150.65
Day By Day	150.00
Edneyville	5.00
Good Livers	84.00
Hendersonville	20.00
Hendersonville Happy Hour	30.00
Hendersonville Midday	50.00
Joy of Living	50.00
Kanuga	45.00
Six PM	154.00

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



BEGINNING BANK BALANCE (6/1/05).....	2717.31
<u>Income</u>	
Total Group Contributions.....	1056.17
Individual Contributions.....	15.00
Cash on Hand.....	27.26
Bank Interest.....	.26
Sales Income.....	1717.75
Return Postage.....	43.29
Other Income.....	35.19

TOTAL INCOME..... 2867.66

Expenses

Rent.....	162.00
Payroll.....	600.27
Payroll Tax.....	0
Telephone: Bell South.....	172.92
Telephone: MCI.....	68.11
Answering Service.....	19.72
Printing: Where and When.....	8.52
Printing: Mountain Doin's.....	2.84
Editor.....	150.00
Sales Tax.....	120.24
Literature, Chips & Medallions.....	3271.86
Postage.....	61.80
Postage: Mountain Doin's.....	59.10
Bank Service Charges.....	0
Office Supplies.....	68.37
Copier Maintenance.....	392.86
Misc. Expenses.....	0

TOTAL EXPENSES..... 5158.61

END BANK BALANCE (6/29/05)..... 426.46

How Often Do A.A. Members Have to Attend Meetings?

Abraham Lincoln was once asked how long a man's legs should be. The classic answer was: "Long enough to reach the ground."

A.A. members don't have to attend any set number of meetings in a given period. It is purely a matter of individual preference and need. Most members arrange to attend at least one meeting a week. They feel that is enough to satisfy their personal need for contact with the program through a local group. Others attend a meeting nearly every night, in areas where such opportunities are available. Still others may go for relatively long periods without meetings.

The friendly injunction "Keep coming to meetings," so frequently heard by the newcomer, is based on the experience of the great majority of A.A.s, who find that the quality of their sobriety suffers when they stay away from meetings for too long. Many know from

experience that if they do not come to meetings, they may get drunk and that if they are in regular attendance, they seem to have no trouble staying sober.

Newcomers particularly seem to benefit from exposure to a relatively large number of meetings (or other A.A. contacts) during their first weeks or months in a group. By multiplying their opportunities to meet and hear other A.A.s whose drinking experience parallels their own, they seem to be able to strengthen their own understanding of the program and what it can give them.

Nearly all alcoholics, at one time or another, have tried to stay sober on their own. For most, the experience has not been particularly enjoyable—or successful. So long as attendance at meetings helps the alcoholic to maintain sobriety, and to have fun at the same time, it seems to be good sense to be guided by the experience of those who "keep coming to meetings."

—Excerpted from *44 Questions*, A.A. pamphlet P-2

Dream On

Long after we have weaned ourselves from the bottle, a great many of us are startled to awaken some morning or night realizing we have just had an all-too-vivid dream about drinking.

Not all of us have such dreams. But enough have for us to know that they are common, and harmless.

A.A. is not a program of dream interpretation, so we cannot point out the hidden meanings, if any, that such dreams have, as psychoanalysts and dream interpreters do. We can only report that such dreams may occur, so don't be too surprised. Among the most common is a dream that one finds oneself drunk, and horrified about it, but has no memory at all of taking a drink. We may even awaken with chills, shakes, and other classic hangover jitters—when, of course, we haven't touched a drop in months. It was all just a bad dream. And it may come out of the blue, long, long after our last drink.

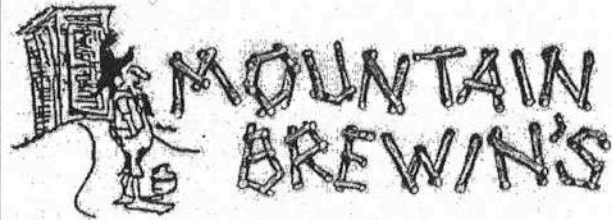
Probably, it's a good thing that we find ourselves shook up and miserable at the notion of drinking, even in a dream. Maybe this means we are really beginning to get the idea, deep down in our bones, that drinking is not good for us. Sobriety is better, even to dream about.

The beauty of sober sleep once it is achieved, is the sheer pleasure of waking up—no real hangover, no worries about what may have happened in last night's blackout. Instead, it means facing the new day refreshed, hopeful, and grateful.

—Excerpted from *Living Sober*, pp 31–32



"That's not the way it was, Henry. It was 1952, not 1951 and it was gin, not vodka and it was in the coal bin, not the attic. . . ."



- If drinking is interfering with your work, you're probably a heavy drinker. If work is interfering with your drinking, you're probably an alcoholic.
- If alcohol kills millions of brain cells, how come it never killed the ones that made us want to drink?
- A treatment center is where you pay big bucks to find out that A.A. meetings are free.
- A hangover is the wrath of grapes.
- A drunk walked into a pub and said, "Bartender, line me up three whiskeys before the trouble starts." The bartender did so, then asked, "So, what's the trouble, and when does it start?" "Right away," replied the drunk, glass in hand. "I haven't got a dime in my pocket."
- Noticing that his guide went bareheaded in all sorts of terrible weather, a sportman gifted him with a fur cap with heavy earflaps. On his next trip, he asked the guide how he liked the hat. "Haven't worn it since the accident," came the gloomy answer. "What accident?" asked the sportsman. "Joe Jones offered me a drink and I didn't hear him."

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 6/1/05 - 6/30/05

Answering Service Calls.....	125
General Information.....	31
A.A. Help.....	3
Family Help (Al-Anon).....	3
Meeting Information.....	99
Central Office Business.....	7
P.I. Calls.....	0
Medical Help (Hospital, Detox, etc.).....	0
Others.....	26
Visitors.....	100

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