

MOUNTAIN DOIN'S

Central Office Newsletter

SEPTEMBER 2005



Published by the North Carolina Mountain Central Office (Districts 70, 71, & 80)
107 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801
Phone: 254-8539 or 1-800-524-0465 Email: ncmco@bellsouth.net

CALENDAR

Events listed here are offered only as a service to readers, not as an endorsement by NCMCO.

AUGUST 27

Potluck and Birthday Party

YANA Club, 191 Lyman Avenue

The last Saturday night of each month, YANA will celebrate sobriety dates with a potluck dinner and an open birthday party. A sponsor or friend may introduce you and present your chip. This is in addition to your home group celebration. Family and friends welcome. Cake is included and coffee is free during the party. Sign up on the clipboard at YANA so they expect you.

Potluck: 6:30 p.m.

Birthday party: 8 p.m.

AUGUST 27-28th

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 5

Labor Day Alkathon

YANA Club, 191 Lyman Avenue

Continuous open meetings most of the day.

Hamburgers and hot dogs will be served; bring a

covered dish or munchies to share. \$5 donation requested for food. Sponsored by Lunch Bunch Group

Noon to 9 p.m.

SEPTEMBER 24

Potluck and Birthday Party

YANA Club, 191 Lyman Avenue

The last Saturday night of each month, YANA will celebrate sobriety dates with a potluck dinner and an open birthday party. A sponsor or friend may introduce you and present your chip. This is in addition to your home group celebration. Family and friends welcome. Cake is included and coffee is free during the party. Sign up on the clipboard at YANA so they expect you.

Potluck: 6:30 p.m.

Birthday party: 8 p.m.

SEPTEMBER 30-OCTOBER 2

AAWS Seminar for Central Office Managers

Charlotte Hilton, Charlotte, NC

For more information, contact Kathy
703-377-0244 or info@charloteaa.org

NOVEMBER 18-20th

Fall Assembly

Hilton North Raleigh, 3415 Wake Forest Road,
Raleigh



Fellowship News

Announcements

In observance of Labor Day, Central Office will be closed September 2 and September 5.

Service Opportunities

Volunteer Phone Service seeks AA members willing to cover shifts for the AA phone line. All training information will be provided. **Spanish and other foreign language speakers needed.**

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

The Correctional Facilities Committee (CFC) needs AAs interested in taking AA meetings into WNC correctional facilities. If interested, call Michael C. at 828-777-7334, or Frank H. at 828-250-0990.

Meeting Changes

NEW

A new meeting, **The Log Cabin Group**, takes place Tuesdays at 8 p.m. in the gray cabin at the intersection of Patterson Street and Kanuga Avenue in Hendersonville. Open, non-smoking.

Meeting Changes, continued

The **Men's Attitude Adjustment Group** is a new meeting Wednesdays at 8 p.m. in the Parsonage Library of the First Methodist Church on Academy Street in Waynesville. Closed, men, discussion, non-smoking.

MOVED

The Saturday 7 p.m. **Spanish-language meeting in Franklin** now meets in Room 13 of the Latino Center, 33 East Main Street, Franklin (above and behind the People's Department Store).

CHANGED

The **Black Mountain Pathfinder's Group** has altered its meeting formats. The group meets Saturdays at 8 p.m., as follows:

First Saturday—closed, Step Study, non-smoking

Second Saturday—closed, Big Book, non-smoking

Third Saturday—closed, discussion, non-smoking

Last Saturday—open, speaker/discussion, non-smoking.

The former Safe and Sound Group has changed its name to **Women of Courage**. It still meets Saturdays at 11:30 a.m. in the same location.

CLOSED

The **Etowah** meeting is permanently closed.

The **Conscious Contact** meeting Sundays at 5:30 p.m. has been cancelled.

There's a story about a king who wanted as his prime minister only the wisest person in the land. After narrowing down the search to three individuals, the king put them to the test. He placed them in a room with an impressive lock on the door. Whomever managed to leave the room would become prime minister.

Two of the people in the room began to work out elaborate strategies for escaping. The third sat and thought.

Finally, this person walked to the door, turned the handle, and the door swung open: it had remained unlocked the entire time.

Sometimes we complicate the simple program of A.A., not trusting that recovery is there for us. But the door to recovery is always unlocked: all we need do is turn the handle to enter into a new and joyous life.

Today, let me be willing to open the door.

—Anonymous



Back to Basics

Cale McH.	9/25/82	23 years
Jeff G.	9/6/89	16 years
Todd C.	9/14/87	18 years

Conscious Contact Group

Adina R.	9/30/86	19 years
Bruce G.	9/1/99	6 years
Casey	9/11/00	5 years
Emily W.	9/17/95	10 years
Eric C.	9/2/96	9 years
Janice N.	9/24/75	30 years
John G.	9/10/91	14 years
Mary C.	9/3/87	18 years
Michelle P.	9/24/91	14 years
Phil G.	9/15/04	1 year
Susie B.	9/18/96	9 years

Cumberland Group

Bob R.	9/7/83	22 years
--------	--------	----------

Fellowship

Becky M.	9/21/94	11 years
Dennis	9/15/04	1 year
Gerd S.	9/17/79	26 years
George D.	9/30/89	16 years

Grace Group

Bill E.	9/30/94	11 years
Cliff W.	9/20/04	1 year
Denise M.	9/23/02	3 years
Don B.	9/2/90	15 years
Glenn M.	9/9/03	2 years
John M.	9/18/02	3 years
Matthew H.	9/21/04	1 year
Patty C.	9/11/01	4 years

Happy Hour

Chris V.	9/22/04	1 year
Cynthia S.	9/1/04	1 year
Dan T.	9/22/04	1 year
Frank B.	9/27/89	16 years
Mike W.	9/1/04	1 year

Hendersonville

Camile B.	9/9/79	26 years
David R.	9/20/03	2 years
Don S.	9/29/92	13 years
Gerald B.	9/30/03	2 years
Oscar F.	9/20/95	10 years
Ray D.	9/14/99	6 years
Raymond F.	9/18/96	9 years

Hendersonville MIDDAY

Brenda P.	9/25/02	3 years
Corbin W.	9/29/03	2 years
Phyllis S.	9/11/87	18 years

Mars Hill

Chris C.	9/22/01	4 years
David C.	9/8/84	21 years
Jeff G.	9/1/89	16 years

Serenity Waynesville

Lani K.	9/12/83	22 years
---------	---------	----------

Traditional

Dean C.	9/11/03	5 years
Janis B.	9/11/02	3 years
John E.	9/7/99	6 years
Lee Anne G.	9/28/02	3 years
Shirnell J.	9/19/00	5 years
Steve L.	9/24/88	17 years
Tracy B.	9/30/01	4 years

Tryon

Alan B.	9/11/88	17 years
Daingerfield A.	9/19/97	8 years
Rosie D.	9/6/02	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 AA 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 July, 2005.

Group Contributions	
6:00	200.00
Acceptance	200.00
Asheville Big Book Step Study	19.81
AWOL	50.00
Blue Ridge	100.00
Brevard	100.00
Cherokee	40.00
Columbus	25.00
Common Sense	19.33
Conscious Contact	340.00
Day By Day	140.00
Happy Hour	50.00
Hendersonville	31.00
Hendersonville Midday	50.00
Kanuga	45.00
Marion	25.00
Mill Springs	7.51
Practicing Principles	25.00
Sylvan	75.00

ONLINE RESOURCES

- www.aa.org
- www.ashevilleaa.org
- www.aaroundtable.com
- www.aagrapevine.org
- www.charlotteaa.org

BEGINNING BANK BALANCE (6/29/05).....	426.46
<u>Income</u>	
Total Group Contributions.....	1542.65
Individual Contributions.....	45.00
Cash on Hand.....	26.27
Bank Interest.....	.12
Sales Income.....	1889.60
Return Postage.....	62.02
Other Income.....	0

TOTAL..... 3565.66

<u>Expenses</u>	
Rent.....	162.00
Payroll.....	600.27
Payroll Tax.....	0
Telephone: Bell South.....	182.18
Telephone: MCI.....	88.36
Answering Service.....	0
Printing: Where and When.....	11.35
Printing: Mountain Doin's.....	0
Editor.....	150.00
Sales Tax.....	132.27
Literature, Chips & Medallions.....	1259.53
Postage.....	60.19
Postage: Mountain Doin's.....	61.73
Bank Service Charges.....	8.55
Office Supplies.....	68.19
Copier Maintenance.....	0
Misc. Expenses.....	0

TOTAL EXPENSES..... 2784.62

END BANK BALANCE (7/29/05)..... 1181.23

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.

A.A. TRADITION

ANONYMITY

How It Developed

In the book *Alcoholics Anonymous*, there are only three references to the principle of anonymity. The foreword of our first tradition states, "Being mostly business or professional folk some of us could not carry on our occupations if known," and "When writing or speaking publicly about alcoholism, we urge each of our fellowship to omit his personal name designating himself instead as 'a member of Alcoholics Anonymous,'" and then, "very earnestly we ask the press also to observe this request for otherwise we shall be greatly handicapped."

Since the publication of *Alcoholics Anonymous* in 1939 hundreds of A.A. groups have been formed. Every one of them asks these questions: "Just how anonymous are we supposed to be?" and "After all, what good is the principle of

anonymity anyway?"

Though we no longer fear the stigma of alcoholism as we once did, we still find individuals who are extremely sensitive about their connection with us. A few come in under assumed names. Others swear us to the deepest secrecy. They fear their connection with Alcoholics Anonymous may ruin their business or social position. At the other end of the scale of opinion we have the individual who declares that anonymity is a lot of childish nonsense. He feels it is his bounden duty to cry his membership in Alcoholics Anonymous from the housetops.

...Other groups feel that their communities should know all about Alcoholics Anonymous. Though they print no names, they do seize every opportunity to advertise the activities of their group.

...The vital question is: Just where shall we fix this point where personalities fade out and anonymity begins?

As a matter of fact, few of us are anonymous so far as our daily contacts go. We have dropped anonymity at this level because we think our friends and (cont. on page 5)

(cont. from page 4) associates ought to know about Alcoholics Anonymous and what it has done for us. Though we earnestly request reporters not to disclose our identities, we frequently speak before semipublic gatherings under our right names. We wish to impress audiences that our alcoholism is a sickness we no longer fear to discuss before anyone.

...I believe most of us would agree that the general idea of anonymity is sound, because it encourages alcoholics and the families of alcoholics to approach us for help.

...Secondly, the policy of anonymity is a protection to our cause. It prevents our founders or leaders, so-called, from becoming household names who might at any time get drunk and give A.A. a black eye.

...Thirdly, almost every newspaper reporter who covers us complains, at first, of the difficulty of writing his story without names. But he quickly forgets this difficulty when he realizes that here is a group of people who care nothing for personal gain.

...However impressed he may be by our own recoveries, John Q. Public is even more interested in our way of life. Weary of pressure selling, spectacular promotion and shouting public characters, he is refreshed by our quietness, modesty and anonymity. It may well be that he feels a great spiritual power is being generated on this account—that something new has come into his own life.

...In a spiritual sense, anonymity amounts to the renunciation of personal prestige as an instrument of general policy.

....Great modesty and humility are needed by every A.A. for his own permanent recovery. If these virtues are such vital needs to the individual, so must they be to A.A. as a whole. This principle of anonymity before the general publican, if we take it seriously enough, guarantees the Alcoholics Anonymous movement these sterling attributes forever. Our public relations policy should mainly rest upon the principle of attraction, and seldom, if ever, upon promotion.

—Excerpted from *A.A. Tradition, How It Developed*, Pamphlet P-17, pages 35-41

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.

Answering Service Calls.....	192
General Information.....	7
A.A. Help.....	1
Family Help (Al-Anon).....	1
Meeting Information.....	81
Central Office Business.....	15
P.I. Calls.....	0
Medical Help (Hospital, Detox, etc.).....	1
Others.....	15
Visitors.....	66



A one dollar bill ran across a 20 dollar bill and asked, "Hey, where have you been lately? I haven't seen you around much."

"Well, I've been hanging around at casinos," answered the larger bill. It continued, "Then I went on a cruise around the world, back to the States for a while, took in a few baseball games, tooted around the mall, that kind of stuff. How 'bout you?"

"Oh, the same old thing," answered the single. "Meetings, meetings, meetings."

While a sponsor and sponsee were enjoying a fabulous cruise together, a terrible storm sunk their ship. The only ones to survive, they washed up on a desert island. After beginning to hunt for food, the pair came across an oil lamp. As they brushed the dirt off it, out popped a genie.

"I'll grant you each one wish," said the genie.

The sponsor, well versed in AA's principles, invited his sponsee to go first, but the sponsee was reluctant to do so. So the sponsor closed his eyes, reflected for a bit, and said, "I wish I were back in my home group." And he was gone.

The sponsee was amazed! The genie reminded him that he needed to make his own wish. The sponsee paced, deep in thought. "Wow, I don't know what to wish for...long-term sobriety? A relationship with that hot newcomer? Sheesh, I wish my sponsor were here..."

A young farmboy had the chore of milking the family cow and carrying a pail of it to his sick Aunt Mary. One day, the mischievous kid spiked the bucket with a shot of whiskey. His relative so liked the flavor that he continued the practice.

A few weeks later, the farmboy overslept, and when he got to his aunt's, he found her up and waiting at the door for his arrival.

She grabbed a cupful of "milk," knocked it back hard, and returned to bed, advising her nephew, "Don't ever sell that cow!"

Would you like a subscription to *Mountain Doin's*? Just fill in the form below and mail to the address below.

Mountain Doin's Order Form

Mountain Doin's Annual Subscriptions:

Groups:

3 copies monthly

No charge

5 additional copies
10 additional copies
15 additional copies
20 additional copies

Pick up from Central Office

\$10.00 per year
\$20.00 per year
\$25.00 per year
\$30.00 per year

Deliver by mail

\$20.00 per year
\$35.00 per year
\$45.00 per year
\$60.00 per year

Individual Members:

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 or 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