

MOUNTAIN DOIN'S

Central Office Newsletter

OCTOBER 2005



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

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

SEPTEMBER 24

Potluck and Birthday Party

YANA Club, 191 Lyman Avenue

Celebrate sobriety dates with a potluck dinner and an open birthday party. A sponsor or friend may introduce you and present your chip. 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.

6:30 p.m.

SEPTEMBER 30–OCTOBER 2

AAWS Seminar for Central Office Managers

Charlotte Hilton, Charlotte, NC

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

OCTOBER 8

Area 51/District 71 Unity Day Eating Meeting

Dana Community Park, Hendersonville (corner of Dana Road and Upward Road)

Theresa F., State Archivist, will present an archive workshop. Bring a dish. Noon to 5 p.m.

Workshop: 12 p.m.

Eating: 3 p.m.

OCTOBER 9

Eating Meeting

St. Paul's Methodist Church, 223 Hillside Street

Please bring a covered dish to share. Sponsored by the Cumberland Group and Asheville Young People.

Eating: 4 p.m.

Speaker: 5 p.m.

OCTOBER 16

District 80 Eating/Business Meeting

Murphy Recreation Park Picnic Area

Take 64 West to Murphy. At the 4-way intersection, go straight. At next 4-way intersection in downtown Murphy, make a right. Go approximately 1 mile, cross bridge into park. Take first left into parking lot. Elections to take place (see Announcements on page 2). Hosted by Murphy's No Name Group.

Eating: 2 p.m. Speaker: 3 p.m. Business Meeting: 4 p.m.

OCTOBER 29

Potluck and Birthday Party

YANA Club, 191 Lyman Avenue

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.

6:30 p.m.

NOVEMBER 6

Central Office Meeting

Serenity Service, 697 Haywood

Hosted by Hendersonville Group.

2 p.m.

NOVEMBER 10–13

12th Annual North Carolina Native American AA Convention

Convention Center, Cherokee (on Aquoni Road across from Best Western Motel)

For more information, contact Billy L. at 828-497-9454 or Deb C. at sobergirl93@hotmail.com

NOVEMBER 18–20

Fall Assembly

Hilton North, 3415 Wake Forest Road, Raleigh



Fellowship News

Announcements

District 80 will hold elections at its October 16 business meeting. The following positions are open: DCM, ADCM, *Grapevine* Rep, CFC, Secretary. All GSRs will receive a list of eligibility requirements to hold office in their minutes package. See Calendar on page 1 for more information.

Theresa F., State Archivist, will present an archiving workshop at noon on October 8 at the Area 51/District 71 Unity Day. See Calendar on page 1 for more information.

Service Opportunities

District 80 seeks a *Grapevine* Representative. Interested individuals should contact District 80 DCM Latane C. at 828-349-4357.

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.

A resounding "Thank you!" to all teleservice volunteers, to the creators of the new *Where & When*, and to individuals and groups who help out at Central Office.

Central Office is open Monday through Friday, 10 a.m. to 1 p.m.

Meeting Changes

CLOSED

The **Etowah** meeting is permanently closed.

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

MOVED

The Saturday 7 p.m. **Reborn Group**, an open-discussion 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).

Sylva Group, Mondays at 8 p.m., has changed locations to First Presbyterian Church, 46 Presbyterian Drive, Sylva (off Grind Staff Cove Road, next to BB&T).

Day By Day's 5:30 Wednesday and Friday meetings at St. Eugene's Catholic Church now take place in the School House, 72 Culvern.

MISCELLANEOUS

K.I.S.S., Sundays at 5 p.m. in Murphy, is a meeting, not a group.

Bethel Up the River Group, Thursdays at 7:30 p.m., is closed discussion.

Cashiers Valley Group, Thursdays at 8 p.m., is open discussion.

Sober Warriors, in Cherokee, is a meeting, not a group. It meets Wednesdays at 7 p.m. at Our Lady of Guadalupe Catholic Church next to McDonalds for open discussion.

Franklin's **Church Street** is no longer a group, just a meeting. It still meets at the same place and times.

Franklin Group, Thursdays at 8 p.m., is a beginners' meeting.

Hayesville Group, Saturdays at 8 p.m., is closed discussion.

Mountain View Group in Highlands, Wednesdays at noon, is closed discussion.

Waynesville's **Maple Grove Group's** Monday 7 p.m. meeting is open step. The Friday meeting has changed to 8 p.m.

The Waynesville **Grace Group** Wednesday noon meeting is closed Big Book.

The Sunday meeting of **Mission Group** in Webster takes place at 1 p.m.



Hendersonville

Jo P.	10/16/84	21 years
Mike M.	10/18/03	2 years
Owen C.	10/30/84	21 years
Stan S.	10/20/86	19 years

Acceptance

Wayne P.	10/31/84	21 years
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Back to Basics

Ceil S.	10/17/87	18 years
Richard T.	10/24/03	2 years

Asheville Big Book Step Study

Linda K.	10/8/88	17 years
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Brevard

Elise B.	10/22/80	25 years
Jill K.	10/16/82	23 years

Conscious Contact

Bruce H.	10/15/89	16 years
Chuck G.	10/12/91	14 years
Dottie S.	10/12/91	14 years
Eileen S.	10/31/99	6 years
Janey W.	10/24/90	15 years
Larry B.	10/13/97	8 years
Marti W.	10/19/79	26 years
Mike H.	10/5/83	22 years
Rick M.	10/3/00	5 years
Steve M.	10/8/04	1 year
Susan H.	10/24/94	11 years

Cumberland

Isara D.	10/28/99	6 years
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Daily Decisions

Eileen S.	10/?/98	7 years
Frank R.	10/17/03	2 years
Watson J.	10/17/86	19 years

Fellowship

Gail B.	10/11/04	1 year
Jack R.	10/20/03	2 years
Joyce B.	10/10/04	1 year
Peggie M.	10/8/84	21 years

Hendersonville Thursday Afternoon Women's

Charlotte C.	10/30/00	5 years
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Mars Hill

Don B.	10/17/82	23 years
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Mid Day

George K.	10/15/88	17 years
Joanie B.	10/22/92	13 years

Serenity Group, Waynesville

Annette P.	10/31/04	1 year
Linda McG.	10/17/76	29 years

Traditional

Chad F.	10/13/02	3 years
Chris H.	10/18/04	1 year
Drew F.	10/22/04	1 year
John S.	10/29/04	1 year
Larry S.	10/6/04	1 year
Maurice H.	10/27/78	27 years
Ray L.	10/1/04	1 year
Tom B.	10/19/81	24 years

Tryon Tues Nite

Archie S.	10/1/88	17 years
Cynthia T.	10/22/81	24 years
Jill W.	10/12/78	27 years
Joyce B.	10/11/78	27 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 August, 2005.

Group Contributions

Bone Dry	70.00
Burnsville	100.00
Common Sense	27.88
Daily Decisions	287.48
Edneyville	5.00
Happy Hour	49.50
Hendersonville	28.00
Kanuga	45.00
Midday	50.00
Mountain View	200.00
Rosman	10.00

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

ONLINE RESOURCES

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

BEGINNING BANK BALANCE (8/1/05).....	1181.23
<u>Income</u>	
Total Group Contributions.....	872.86
Individual Contributions.....	0
Cash on Hand.....	26.27
Bank Interest.....	.15
Sales Income.....	2088.57
Return Postage.....	15.71
Other Income.....	120.15

TOTAL..... 3123.17

Expenses

Rent.....	162.00
Payroll.....	600.27
Payroll Tax.....	298.35
Telephone: Bell South.....	176.42
Telephone: MCI.....	119.44
Answering Service.....	0
Printing: <i>Where and When</i>	35.98
Printing: <i>Mountain Doin's</i>	11.33
Editor.....	150.00
Sales Tax.....	146.20
Literature, Chips & Medallions.....	739.57
Postage.....	102.45
Postage: <i>Mountain Doin's</i>	53.13
Bank Service Charges.....	0
Office Supplies.....	0
Copier Maintenance.....	0
Misc. Expenses.....	263.00

TOTAL EXPENSES..... 2858.14

END BANK BALANCE (8/30/05)..... 1420.19

Minutes for Central Office Meeting,

August 14, 2005

Attendees

- Darnell A.—Central Office Co-Chair, Roundtable Group
- Dave A.—Treasurer, Central Office; Black Mountain Group
- Charlene Z.—Central Office Manager; West Asheville Group
- Debbie D.—Central Office Secretary; Roundtable Group
- Ray D.—Chair; Hendersonville Group
- Bob K.—past DCM, District 80; Maggie Valley Group
- Carl I.—Cullowhee
- Janet B.—Good Livers Group
- Christine M.—Serenity Service
- Marty H.—Tuesday Night Men's Group
- Steve M.—Acceptance Group
- Mike H.—Conscious Contact Group

The meeting was held at Serenity Service Group in West Asheville.

Ray D. opened the meeting with the Serenity Prayer and called the meeting to order at 2 p.m.

Debbie D. read minutes of the previous Central Office Meeting of 4/5/05. Motion was made and passed to accept minutes as read.

Old Business

Charlene Z. reported that the editor of the *Mountain Doin's* has resigned and the new editor is Nathalie M. of the West Asheville Group. It was suggested that each District submit a monthly report for publication. Carl moved to appoint Darnell to research how other areas handle Letters to the Editor and report at the next meeting.

Charlene states the answering service is very successful and she has had no complaints. She is not getting the report on the amount and type of calls during the weekends.

Office Managers workshop will be in Charlotte 9/30 to 10/2. Charlene and Christine attended a planning meeting and toured the Charlotte Hilton. Christine passed the brochure, workshop agenda and sample of the bookmark we are donating to the welcome bag for attendees. The approximate cost of laminating 300 bookmarks is \$32. Charlene requested a donation from the Central Office because she has not gotten donations from any groups. Dave moved the Central Office pay for the hotel, gas at \$.20 per mile and per diem of \$50 per day, not to exceed a total of \$500. Motion passed.

(continued on next page)

(Minutes, continued)

Dave presented the proofs of the new *Where & When* professionally typeset. The cost will be \$250 to print and fold 5000 (\$.05 each). Presently the Central Office charges \$.10 per copy. Dave moved to eliminate the spacing between the towns and the Serenity Prayer to add lines for phone numbers, increase the type size and proceed with printing for the Fall. Christine seconded. Motion passed.

Bob stated that District 80 misunderstands who, why and how the Central Office serves them. We have 53 groups in our District and only 6 groups are represented at this meeting. Bob suggests we go to the individual groups or to the district meetings and inform them what the Central Office does. Darnell had samples of Intergroup By-Laws and suggests we write some for our Office. We are told there have been some written, but are unable to locate them. Christine moved that Darnell and Bob review them and present the group with some Guidelines at the next meeting.

New Business

Motion was made and passed that the Answering Service Chair will be a member of the board. Motion was made and passed that Mike H. will be a trustee until the May, 2006 elections.

Treasurer Dave A. stated we will be saving \$245 a month with the volunteer answering service. Treasurer's report is attached. Motion was made and passed to accept the treasurer's report.

The Grace Group is looking for a location to hold their annual Alcolthon.

Charlene reports that her computer is down and at Best Buy getting repaired.

The next meeting will be November 6, 2005, at 2 p.m. at Serenity Service.

Ray closed the meeting with the Lord's Prayer at 3:40 p.m.

—Submitted by Debbie D., Central Office Secretary

Central Office Phone Log 8/1-8/31



"I am responsible
...when anyone, any-
where, reaches out for
help, I want the hand of
A.A. always to be there.
And, for that, I am re-
sponsible.

Answering Service Calls.....	205
General Information.....	32
A.A. Help.....	5
Family Help (Al-Anon).....	2
Meeting Information.....	81
Central Office Business.....	22
P.I. Calls.....	2
Medical Help (Hospital, Detox, etc.).....	2
Others.....	11
Visitors.....	93



An alcoholic told a friend of his, "My wife is driving me to drink."

"You're lucky," his pal answered. "Mine makes me walk."



A woman was driving home from a business trip in Arizona when she saw an old Navajo woman walking down the road. Since the trip was long and lonely, the driver pulled over and offered the elderly woman a ride. Thanking her, the Navajo got into the car. They rode for a while, making small talk; then the old woman noticed a brown bag on the floor and asked about it.

"It's a bottle of wine. I got it for my husband," the driver explained.

The older woman was quiet for a moment, then said, "Good trade."



Alan went to an AA meeting. He frowned when he heard a member mispronounce a few words while reading "How It Works." He was appalled when someone else introduced himself as both an alcoholic and an addict. Alan thought someone who was sharing spoke for too long. He got ticked off when a cute newcomer paid no attention to him. He left the room as soon as it was over, thinking, "That was a lousy meeting; I should have stayed home."

Brian sat at an AA meeting. He bowed his head as he listened to the Preamble and opening readings. He listened intently as other members shared their experiences. He was grateful to be able to attend, and after helping to clean up and socializing a little, he locked the meeting room and thanked his Higher Power for a wonderful meeting.

Both Alan and Brian attended the same meeting. Each found what he was looking for.

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

Pick up from Central Office

Deliver by mail

10 additional copies

\$10.00 per year

\$20.00 per year

15 additional copies

\$20.00 per year

\$35.00 per year

20 additional copies

\$25.00 per year

\$45.00 per year

\$30.00 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.

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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 _____

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Address correction requested

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Here