

MOUNTAIN DOIN'S

Central Office Newsletter

NOVEMBER 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.

OCTOBER 23

Teleservice Meeting

YANA Club, 191 Lyman Avenue
4 p.m.

OCTOBER 29

Potluck and Birthday Party

YANA Club, 191 Lyman Avenue
Celebrate sobriety dates with a potluck 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.

NOVEMBER 6

Central Office Meeting

Serenity Service, 697 Haywood Road
Hosted by Hendersonville Group
2 p.m.

NOVEMBER 6

District 71 Eating Meeting

Mt. Pisgah Lutheran Church, Hendersonville
From Tryon, take 26 to Hendersonville. Exit at Bat Cave. Take 64E. Church is just past the Ingles on the right.
From Brevard, take 64E through Hendersonville, toward Bat Cave. Church is just past the Ingles on the right.
GSR Meeting: 2:30 p.m.
Eating: 4 p.m.
Speaker: 5 p.m.

NOVEMBER 10-13

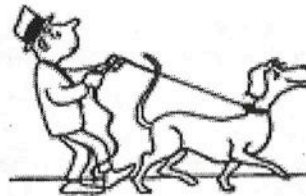
12th Annual North Carolina Native American AA Convention

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 Raleigh, 3415 Wake Forest Rd.
Raleigh.



ANNOUNCEMENTS

Central Office will be closed November 24 and 25. Regular hours are Monday through Friday, 10 a.m.-1 p.m.

Thanks to all who participated and contributed to the National Office Managers Seminar in Charlotte last month.



SERVICE OPPORTUNITIES

Teleservice 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.** Contact Harry S. at YANA Club or Acceptance Group; 828-252-7500; or harrys8684@charter.net.

Teleservice needs a Chairperson. Duties include maintaining and overseeing the entire phone service; maintaining and updating printed materials such as volunteer guidelines, 12th Step list and volunteer phone list; chairing monthly volunteer meetings (forming agenda, keeping minutes); communicating with volunteers via email or phone; overseeing the volunteer coordinators who oversee the phone service; training new recruits. Accountable to the NCMCO board. As member of the board, attends quarterly meetings to give a report.

Qualifications: Several years of sobriety; working knowledge of 12 Traditions and AA service structure; good communication skills; knowledge of MS Word, Excel, email; minimal administrative and organizational skills. Helpline experience helpful but not essential. Willingness to be consistent, follow through with tasks, be available for calls at odd times for help and instruction, and to occasionally fill in as a phone volunteer.

Time requirement varies, but usually doesn't exceed 8 hours/month. Contact Harry S. (contact information listed above).

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

MEETING CHANGES

New

A child-friendly discussion meeting now takes place Wednesdays at 4 p.m. in the library of the Oakley United Methodist Church on Fairview Road. There's a separate nursery room next to the library.

Turning Point, Wednesdays at 6 p.m. on the 5th floor of the VA Medical Center, is an open speaker meeting.

Moved

Day by Day no longer meets at SEY House at St. Eugene's Catholic Church. Instead, the 5:30 Wednesday and Friday meetings now take place in the School House at 72 Culvern.

(Meeting Changes, continued)

The **Sylva Lining Group** has changed meeting time and location. Its Monday night meeting now takes place at 7:30 p.m. at the First Presbyterian Church, 46 Presbyterian Drive. Meet in the Parish Hall inside the church building.

All **Conscious Contact** meetings now take place at the YANA Club, 191 Lyman Avenue. Times: Wednesdays, 8 p.m.; Saturdays, 10 a.m.; Sundays, 9:30 and 11 a.m.

The Saturday 7 p.m. **Reborn Group**, an open-discussion Spanish-language meeting in Franklin, takes place in Room 13 of the Latino Center, 33 East Main Street, Franklin.

Changed

The **Arden Fellowship Group** is changing the format of its Friday noon meetings. They will now be closed 12 & 12.

The group meeting Fridays at 6 p.m. in Sylva now calls itself **Practicing Principles Group**.

Cancelled

Recovery by the River Group no longer meets Fridays from 9:30-10:30 p.m. at YANA. All the group's other meetings remain operational.

Miscellaneous

The formats for **Black Mountain Pathfinders'** Saturday 8 p.m. meetings are:

- First: closed Step Study, non-smoking
- Second: closed Big Book, non-smoking
- Third: closed discussion, non-smoking
- Last: open speaker/discussion, non-smoking

Fellowship Group in Arden has a beginner's meeting Tuesdays at 5:30 p.m.

The meetings in Linville, Tuesdays and Fridays at 7 p.m. at Cannon Hospital on Highway 105, are open discussion.

Sober Warriors meet Wednesdays at 7 p.m. in Our Lady of Guadalupe Church in Cherokee for open discussion.

On the fifth Sunday of every month, the Hendersonville **Round Table Group's** 8 p.m. meeting is an old timer panel.

Easy Does It, in Spruce Pine, meets Saturdays at 10 a.m. at Trinity Episcopal Church.

Waynesville's **Maple Grove Group's** Monday 7 p.m. meeting is open Step Study. 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.



Acceptance Group

Annamaria	11-18-04	1 year
Danny L.	11-15-02	3 years
Dave A.	11-24-85	20 years
Jane M.	11-5-99	6 years
Lorraine B.	11-3-83	22 years

Back to Basics

Doris H.	11-18-76	29 years
Molly B.	11-16-77	28 years

Blue Ridge

John S.	11-20-04	1 year
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Brevard

Barbara W.	11-1-80	25 years
Karen B.	11-26-92	13 years

Conscious Contact Group Cumberland Group

Debbie S.	11-19-92	13 years
Diane R.	11-20-03	2 years
Kay G.	11-5-84	21 years
Pat E.	11-5-91	14 years
Peggy H.	11-23-86	19 years
Steven M.	11-4-94	11 years
Wayne D.	11-9-70	35 years

Daily Decisions

Carolyn O.	11-20-04	1 year
Fred S.	11-1-01	4 years
Mary P.	11-28-04	1 year
Stephanie J.	11-15-02	3 years
Stephen T.	11-22-04	1 year

Grace Group

Chris W.	11-24-01	4 years
Ian C.	11-13-01	4 years
Isaac C.	11-22-00	5 years
Jeff J.	11-4-89	16 years
Stephen C.	11-7-04	1 year

Happy Hour

Gary M.	11-7-92	13 years
Mike P.	11-8-80	25 years

Hendersonville

Charles T.	11-11-00	5 years
Clay W.	11-2-99	6 years
Ed S.	11-9-90	15 years
Joe B.	11-27-03	2 years
Julie H.	11-21-00	5 years
Louise J.	11-18-98	7 years

Hendersonville Thursday Afternoon Women's

Mary P.	11-17-81	24 years
Sue J.	11-24-89	16 years

Roundtable

Debbie D.	11-23-94	11 years
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Sylvan Valley

Mollie S.	11-17-93	12 years
Tom W.	11-13-88	17 years

Traditional

Foster C.	11-22-01	4 years
Goodson	11-1-04	1 year
Graham M.	11-15-95	10 years
Halford J.	11-6-03	2 years
Jeff J.	11-5-89	16 years
Jim G.	11-8-98	7 years
Moore R.	11-4-02	3 years
Murry A.	11-8-03	2 years
Seaward D.	11-19-92	13 years
Self J.	11-12-03	2 years
Stanly A.	11-4-02	3 years
Tera G.	11-16-01	4 years
Wiley J.	11-5-02	3 years

Tryon

Chris S.	11-30-02	3 years
Darren V.	11-5-03	2 years
Scott A.	11-3-02	3 years

Waynesville Serenity

Rocky W.	11-21-81	24 years
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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 September 2005.

GROUP CONTRIBUTIONS

Acceptance	50.00
Black Mountain	117.50
Bryson City	30.00
Came to Believe	37.00
Common Sense	35.39
Happy Hour	98.00
Hayesville	45.00
Hendersonville	20.00
Kanuga	22.50
Leicester	25.00
Locked in Forward	10.00
Midday	50.00
Serenity Service	25.00
Sunshine	25.00
Traditional	400.00
Tryon	330.00
Waynesville Serenity	60.00
Young People	260.00

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.



Getting Active

It is very hard just to sit still trying *not* to do a certain thing, or *not* even to think about it. It's much easier to get active and do something *else*—other than the act we're trying to avoid.

So it is with drinking. Simply trying to avoid a drink (or not think of one), all by itself, doesn't seem to be enough. The more we think about the drink we're trying to keep away from, the more it occupies our mind, of course. And that's no good. It's better to get busy with something, almost anything, that will use our mind and channel our energy toward health.

Thousands of us wondered what we would do, once we stopped drinking, with all that time on our hands. Sure enough, when we did stop, all those hours we had once spent planning, getting our drinks, drinking, and recovering

BEGINNING BANK BALANCE (9/6/05)	1420.38
<u>Income</u>	
Total Group Contributions.....	1640.39
Individual Contributions.....	0
Cash on Hand.....	26.27
Bank Interest.....	.07
Sales Income.....	2397.18
Return Postage.....	18.38
Other Income.....	0

TOTAL INCOME..... **4082.29**

Expenses

Rent.....	162.00
Payroll.....	600.27
Payroll Tax.....	298.35
Telephone: Bell South.....	185.90
Telephone: MCI and Verizon.....	157.39
Answering Service.....	0
Printing: <i>Where and When</i>	250.00
Printing: <i>Mountain Doin's</i>	0
Editor.....	150.00
Sales Tax.....	172.00
Literature, chips & medallions.....	1278.19
Postage.....	63.93
Postage: <i>Mountain Doin's</i>	68.68
Bank Service Charges.....	0
Office Supplies.....	44.49
Copier Maintenance.....	333.00
Misc. Expenses.....	443.48

TOTAL EXPENSES..... **4207.68**

ENDING BANK BALANCE (9/30/05)..... **1268.53**

from its immediate effects, suddenly turned into big, empty holes of time that had to be filled somehow.

Most of us had jobs to do. But even so, there were some pretty long, vacant stretches of minutes and hours staring at us. We needed new habits of activity to fill those open spaces and utilize the nervous energy previously absorbed by our preoccupation, or our obsession, with drinking.

Anyone who has ever tried to break a habit knows that substituting a new and different activity is easier than just stopping the old activity and putting nothing in its place.

Recovered alcoholics often say, "Just stopping drinking is not enough." Just *not drinking* is a negative, sterile thing. That is clearly demonstrated by our experience. To *stay* stopped, we've found we need to put in place of the drinking a positive plan of action. We've had to learn how to *live* sober.

Fear may have originally pushed some of us toward looking into the possibility that we might have a drinking problem. And over a short period, fear alone may help some of us stay away from a drink. But a fearful state is not a very

happy or relaxed one to maintain for very long. So we try to develop a healthy respect for the power of alcohol, instead of a fear of it, just as people have a healthy respect for cyanide, iodine, or any other poison. Without going around in constant fear of those potions, most people respect what they can do to the body, and have enough sense not to imbibe them. We in AA now have the same knowledge of, and regard for, alcohol. But, of course, it is based on firsthand experience, not on seeing a skull and crossbones on a label.

We can't rely on fear to get us through those empty hours without a drink, so what *can* we do?

We have found many kinds of activity useful and profitable, some more than others.

....When experienced AA members say that they found "getting active" helpful in their recovery from alcoholism, they usually mean getting active in and around AA.

The activities we often use at first in AA may seem fairly unimportant, but the results prove them valuable. We might call these things "ice breakers," because they make it easier to feel comfortable around people we do not know.

As most AA meetings end, you'll generally notice that some of those present start putting away the folding chairs, or emptying ash trays, or carrying empty tea or coffee cups to the kitchen.

Join in. You may be surprised at the effect on yourself of such seemingly little chores.

You can help wash out the cups and coffeepot, put away the literature, and sweep the floor.

Helping out with these easy little physical tasks does *not* mean you become the group's janitor or custodian. Nothing of the sort. From years of doing it and seeing fellow members do it, we know that practically every person happily recovered in AA has taken his or her turn at the K.P. or refreshment-and-cleanup detail. The results we have felt from doing these tasks are concrete, beneficial, and usually surprising.

In fact, many of us began to feel comfortable around AA only when we began to help with these simple acts. And we were even more at ease, and much further away from drinking or the thought of it, when we accepted some small, but specific, regular responsibility—such as bringing the refreshments, helping to prepare and serve them, being a greeter on the hospitality committee, or performing other tasks that need doing. Simply by watching other people, you'll learn what needs to be done to get ready for the AA meeting, and to straighten up afterwards.

No one *has* to do such things, of course. In AA, no one is ever required to do, or not do, anything. But these simple, menial chores and the commitment (only to ourselves) to do them faithfully have had unexpectedly good effects on many of us, and still do. They help give some muscle to our sobriety.

As you stay around AA, you'll notice other tasks that need undertaking. You'll hear the secretary make announcements and see the treasurer take charge of the contribution basket. Serving in one of those capacities, once you get a little accumulation of non-drinking time

(about 90 days, in most groups), is a good way to fill some of the time we used to spend drinking.

...No particular professional skill or education is needed. Even if you have never been a joiner, or a chairman or secretary of anything, you may find—as most of us have—that within the AA group, these services are easy to do, and they do wonders for us. They build a sturdy backbone for our recovery.

—Excerpted from *Living Sober*, pp 13–15

Committing to service positions is a great way to muscle up your program. Here are some ideas for contributing to AA: make coffee; set up the meeting room; greet attendees; chair meetings; go to your group's Group Conscience; attend GSR meetings; be a Grapevine Rep, Literature Chair or Treasurer; make announcements; become a Teleservice volunteer; work with newcomers (women with women, and men with men); be a sponsor; attend conventions, seminars and outings.

ONLINE RESOURCES

www.aa.org www.ashevilleaa.org
 www.aarountable.com www.charlotteaa.org
 www.aagrapevine.org

Central Office Phone Log



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

Phone Log 9/6/05 - 9/30/05

Answering Service Calls.....	230
General Information.....	26
AA Help.....	3
Family Help (Al-Anon).....	2
Meeting Information.....	71
Central Office Business.....	12
P.I. Calls.....	0
Medical Help (Hospital, Detox, etc.).....	4
Others.....	4
Visitors.....	82

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Asheville, NC 28801

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