

MOUNTAIN DOIN'S

Central Office Newsletter

September 2006



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.

Please submit Calendar Events with as much advance notice as possible. All submissions MUST be in writing. Email works best.

SEPTEMBER 21-24

Fall Mountain Housecleaning Spiritual Retreat for AA & Al-Anon
Hinton Rural Life Center, Hayesville
From 6 pm Thursday to noon on Sunday
\$240. Information: Mike (828) 507-0686; Carmen, (727) 541-3737; Rita (813) 884-3814; Jay (305) 393-4713. Or email rsunshine1125@aol.com

OCTOBER 1

West Asheville Picnic

West Asheville Park
Noon to 4 pm
Main course and beverages provided; please bring a side dish to share.

OCTOBER 8

Eatin' Meetin'

219 Chunn's Cove Road
Eating at 4 pm; speaker at 5 pm.
Co-sponsored by Asheville BBSS and Marion Group

From: Charlene Z.

Please give my best to all the up coming visitors at Central Office. I miss you all and hope this note finds you well, happy, sober and prospering. Life goes on in wonderment of this wonderful country we live in. I am blessed to have ever known you. You are ALL treasures of my sobriety. "I'll take another 24" as they say in St. George. Blessing from Utah!
Charlene Z
P.S....got my 32 chip Aug. 12th.
Thank God, Asheville, and A.A.

OCTOBER 15

District 80 Eating/Business Meeting

Canterbury House of St. David's Episcopal Church, Cullowhee
2 pm eat; 3 pm speaker; 4 pm business meeting (all District 80 GSRs please attend)
For information: Carl I., (828) 293-0605 or iobst_ce@hotmail.com
Directions: Go to the WCU campus behind the Ramsey Center on Forest Hills Drive off Highway 107

FEBRUARY 15-18, 2007

43rd International Women's Conference for Women in AA Detroit Marriott

For information: Josephine M., (248) 722-9114, 1jam@sbcglobal.net; or Debra W., (248) 426-0605, 2deb@sbcglobal.net



ANNOUNCEMENTS

Central Office now has copies of the latest *Where & When*.

Jim B. requests every group to email him its correct meeting information to get the *Where & When* as accurate as possible. He needs to know if the meeting is open/closed; men, women, gay or Spanish; discussion/speaker/BB/SS/beginner/meditation/etc.; smoking/non-smoking. Jim also needs the correct name and address of the meeting place, times of meetings, and a contact number for someone willing to give visitors directions. Email to wherewhen@bellsouth.net

Plans are being made to celebrate the life of Ed S. in AA on October 20. Interested parties should call 497-6913.

Are you planning on traveling out of the United States? Central Office currently has in stock a pamphlet listing contact information for General Service Offices, Central Offices, Intergroups and answering services overseas. It covers the globe—from Argentina to Zimbabwe—and costs nothing.

Central Office hours are Monday through Friday, 10 am to 1 pm, and Saturday, 9 am to noon.

Any and all corrections to the *Where & When* must be in writing and sent to Central Office. Include your name and phone number so the Office Manager can contact you if anything's unclear.

Suggested Topics for Discussion Meetings

Have you ever volunteered to chair a meeting, but couldn't think of a topic? The AA website (www.alcoholics-anonymous.org) offers a list of both general and specific topics. Other topics may be found in the AA *Grapevine* monthly section on "Discussion Topics."

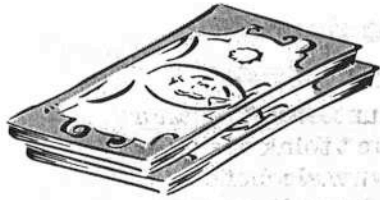
General

1. **The Twelve Steps.** Some groups discuss one Step a week. If a newcomer is attending for the first time, the group may change the topic to focus on the first three Steps.
2. **The Twelve Traditions.** Following the conclusion of the Step meetings, as mentioned above, some groups discuss the Traditions so that every thirteenth meeting the group focuses on a Tradition.
3. **The AA Big Book.** Some groups read one chapter from the Big Book each week and discuss it.
4. Readings from **As Bill Sees It** can inspire sharing on discussion topics.
5. **Living Sober** also has many topics used by groups.
6. Some AA slogans can be used as topics; for example, "Live and Let Live," "Easy Does It," "First Things First," and "H.A.L.T." (don't get too Hungry, Angry, Lonely or Tired).

Some Specific Topics

1. Acceptance
2. Attitude of gratitude
3. Belief in a Higher Power
4. Complacency
5. Contempt prior to investigation
6. Dependence
7. Fear
8. Forgiveness
9. Freedom through sobriety
10. Group inventory
11. Hope
12. Humility
13. Identification
14. Inadequacy
15. Inventory
16. Letting go of anger
17. Let's be friendly with our friends
18. Living one day at a time

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N.C Mountain Central Office, Inc. Financial Report for the month of July 2006.

GROUP CONTRIBUTIONS

Acceptance	50.00
AWOL Group	62.00
Back to Basics	100.00
Brevard Group	150.00
Candler KISS Group	150.00
Conscious Contact	400.00
Early Birds (Flat Rock)	140.00
Fletcher Group	50.00
Hayesville Lunch Bunch	25.00
Hendersonville Group	20.00
Sunshine AA ((Waynesville)	30.00
Sylva Group	65.00
Sylvan Valley	103.00
Thursday Afternoon Women	50.00
West Asheville	50.00



Phone Log 7/1/06-7/31/06

Answering service calls	522
General information	112
AA help	36
Family help (Al-Anon)	2
Meeting information	329
Central Office business	37
P.I. calls	2
Medical help (hospital, detox, etc.)	0
Others	4
Visitors	133

Beginning bank balance (6/30/06)	2680.93
INCOME	
Total group contributions	1445.00
Individual contributions	110.00
Cash on hand	38.16
Bank interest	3.67
Sales income	2015.29
Return postage	16.87
Other income	0
TOTAL	3628.99
EXPENSES	
Rent	170.00
Payroll	600.00
Payroll tax	0
Telephone: Bell South	386.72
Telephone: MCI/Verizon	251.50
Answering service	0
Printing: <i>Where & When</i>	0
Printing: <i>Mountain Doin's</i>	61.00
Editor, <i>Mountain Doin's</i>	150.00
Sales tax	211.61
Literature, chips and medallions	911.00
Postage	52.00
Postage: <i>Mountain Doin's</i>	107.82
Bank service charge	0
Office supplies	148.24
Maintenance for copier	349.65
Miscellaneous expenses	0
TOTAL	3400.15
Ending bank balance (7/31/06)	2909.77
Prudent reserve	1053.43

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.



Birthdays

ACCEPTANCE GROUP

Lynne C.	9/15/05	1 year
Norma T.	9/30/94	12 years

BACK TO BASICS

Cate McH.	9/25/82	24 years
Jeff G.	9/6/89	17 years
Todd C.	9/14/87	19 years

CONSCIOUS CONTACT

Adina R.	9/30/86	20 years
Bruce G.	9/1/99	7 years
Eric C.	9/2/96	10 years
Janice N.	9/24/75	31 years
Mary C.	9/3/87	19 years
Michelle P.	9/24/91	15 years
Nelson P.	9/30/97	9 years
Steve L.	9/24/88	17 years
Susie B.	9/18/96	10 years

CUMBERLAND GROUP

Bob R.	9/7/83	23 years
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DAILY DECISIONS

Elizabeth B.	9/1/90	16 years
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FELLOWSHIP GROUP OF ARDEN

Becky H.	9/21/94	12 years
Dennis	9/15/04	2 years
Gerd S.	9/17/79	27 years
George D.	9/30/89	17 years

GRACE GROUP

Aaron H.	9/24/05	1 year
Audrey Y.	9/21/04	4 years
Bill E.	9/30/94	12 years
Dan L.	9/18/05	1 year
Dave M.	9/17/96	10 years
David C.	9/30/05	1 year
Don B.	9/02/90	16 years
Glenn M.	9/9/03	3 years
John M.	9/18/02	4 years
Jon B.	9/1/03	3 years
Steve L.	9/24/88	18 years

GOOD LIVERS

Randi B.	9/8/90	16 years
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HENDERSONVILLE GROUP

Keith E.	9/19/05	1 year
Oscar F.	9/20/95	11 years
Ray D.	9/14/99	7 years
Raymond F.	9/18/96	10 years

HENDERSONVILLE MID-DAY

Ilena R.	9/26/97	9 years
Phyllis S.	9/11/87	19 years

HENDERSONVILLE THURSDAY AFTERNOON WOMEN'S GROUP

Majja G.	9/4/87	19 years
Marcia A.	9/28/04	2 years

JOY OF LIVING, BLACK MOUNTAIN

Jim L.	9/15/79	27 years
Norma T.	9/30/94	12 years

MARION GROUP

Lou G.	9/30/03	3 years
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MARS HILL GROUP

Chris C.	9/22/01	5 years
David C.	9/8/84	22 years
Jeff G.	9/1/89	17 years

SERENITY GROUP, WAYNESVILLE

Candy P.	9/15/87	19 years
David F.	9/9/05	1 year
Lani K.	9/22/83	23 years
Michelle M.	9/9/05	1 year

TRADITIONAL GROUP

Dean C.	9/11/03	3 years
Janis B.	9/16/02	4 years
John E.	9/7/99	7 years
LeeAnne E.	9/28/02	4 years
Rikie T.	9/1/05	1 year
Shirnell J.	9/19/00	6 years
Steve L.	9/24/88	18 years
Tracy B.	9/30/01	5 years

WEST ASHEVILLE

Liz R.	9/1/03	3 years
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PLEASE NOTIFY MOUNTAIN DOIN'S OF OCTOBER BIRTHDAYS BY SEPTEMBER 1, IN LEGIBLE WRITING. Make sure your birthday is submitted with your primary home group only. Otherwise, be aware that your birthday may only appear once.

- 19. Making amends
- 20. Meditation
- 21. Open-mindedness
- 22. Participation and action
- 23. Patience and tolerance
- 24. Personal spiritual experience and spiritual awakening
- 25. Plan the action—not the result
- 26. Practice these principles in all our affairs
- 27. Principles before personalities
- 28. Projection—living in the wreckage of the future
- 29. Resentments
- 30. Responsibility pledge
- 31. Rigorous honesty
- 32. Serenity
- 33. Service
- 34. Sponsorship
- 35. Staying away from the first drink
- 36. Surrender
- 37. Three Legacies—Recovery, Unity and Service
- 38. Twelfth Stepping
- 39. Twelve Concepts
- 40. Understanding Anonymity
- 41. Ways of carrying the AA message
- 42. What is sobriety
- 43. Willingness
- 44. Working with others

To involve members and add liveliness to this newsletter, and as space permits, *Mountain Doin's* will print materials in good taste sent in by readers. Guidelines for acceptance include:

- Letters to the editor, personal stories, poetry, jokes and cartoons all accepted
- Must relate to AA recovery
- You must provide a first name and last initial to print with the submission
- Limited to 300 words or less
- No explicit or implicit naming of groups or members
- No profanity or vulgarity

A three-person committee consisting of the editor, Office Manager and one board member will make decisions. We reserve the right to edit for length or content without prior approval. Send materials to NCMCO via post or email. We hope to hear from you!

The member of our fellowship who contributed this poem, one of her favorites, credits God for helping her write it.

Bruised But Not Broken by Ronda I.

Feelings of hurt and anger
Frozen deep inside;
Buried within the shell
Where my true self hides.

Years and years of hiding
My feelings that are real;
Numbing without knowing
It is living when I feel.

For who I am is what I feel;
My hidden self and I am real;
Not the one who others see,
But a soul with a spirit
That longs to be free.

I am bruised but not broken,
With many words left unspoken;
And like a river, feelings flow;
But this shell is opening slowly,
As my feelings start to show;

Surfacing, to soon erupt
To overflow, like a brimming cup;
And no more will the feelings
And words be unspoken;
For I am feeling,
As God is healing,
I am bruised but not broken.



An AA member remarked at a meeting that it had always been his habit to take a drink to steady his nerves. Another member stated, "Yeah, me too, but after a while I began to overdo it and sometimes my nerves became so steady that I couldn't even move."

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: *PLEASE NOTE NEW RATES (due to Postal rate increase)**

Groups:

3 copies monthly No charge

	<i>Pick up from Central Office</i>	<i>Deliver by mail</i>
5 additional copies	\$10.00 per year	\$22.00 per year
10 additional copies	\$20.00 per year	\$37.50 per year
15 additional copies	\$25.00 per year	\$48.00 per year
20 additional copies	\$30.00 per year	\$65.00 per year

Individual Members:

Single copy monthly \$6.50 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



[Redacted]

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