

# MOUNTAIN DOIN'S

Central Office Newsletter

# November 2006



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

**Greeting Cards...** We now have a good selection of *Serene Machine* 12-Step greeting cards for birthdays, anniversaries, etc.



### NOVEMBER 9, 10, 11 & 12 **13th Annual North Carolina Native American AA Convention**

Harrah's Cherokee Hotel & Casino  
Conference Center  
Cherokee, North Carolina  
All welcome for talking circle, marathon meetings, speaker meetings, Al-Anon meetings, banquet, sobriety dance, sobriety pow-wow, sobriety countdown.

Pre-registration, \$20; registration at the door, \$30. Contact Sharon at (828) 497-2174 or (828) 736-8882, or Debbie C. at [sobergirl93@hotmail.com](mailto:sobergirl93@hotmail.com)

### DECEMBER 1, 2 & 3 **Sandlapper Roundup XIV**

Landmark Resort Hotel  
Myrtle Beach, South Carolina  
AA and Al-Anon speakers, sharing meetings, ice cream socials, dance.  
\$20 registration fee. For information, contact Jonathan, Paula or Dennis during business hours at (843) 238-2694

### DECEMBER 1, 2 & 3 **2006 Southeast Regional Forum**

Westin Atlanta North  
7 Concourse Parkway  
Atlanta Georgia 30328

A forum put on by the U.S./Canada General Service Board of AA. Discussion topics will include: Why should I care about AA beyond my home group? AA history—boring or incredibly spiritual journey? How does support of G.S.O. help AAs worldwide? The upside-down triangle—how are the General Service Board, the A.A.W.S. and Grapevine Boards accountable to the Fellowship? How do I have a voice in AA? What do the Traditions and concepts have to do with my home group? How do we carry the message of sponsorship, service and self-support in a changing world?

No registration fee. For information, visit G.S.O.'s website at [www.aa.org](http://www.aa.org). Contact G.S.O. at (212) 870-3400 or Tom H. at (770) 402-7779.

### FEBRUARY 15-18, 2007 **43<sup>rd</sup> International Women's Conference for Women in AA** Detroit Marriott

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



## ANNOUNCEMENTS

**PLEASE NOTE:** Many of the *Mountain Doin's* mailed out to subscribers and groups are being returned due to wrong names or addresses. Therefore, Central Office needs to update its mailing list. Please call or email Central Office with the correct information. Kindly make this announcement at meetings you attend.

Central Office is open Monday-Friday, 10 am to 1 pm; Saturday, 9 am to noon.

All corrections to the *Where & When* must be sent in writing to Central Office. Include your name/phone so the Office Manager can contact you if questions arise.

The new Pardee Hospital's Medical Detoxification Services—an eight-bed unit serving Henderson, Polk and Transylvania counties—seeks volunteers to be part of a team taking institutional meetings into the facility. Meetings take place daily from 6 to 7 pm, except Mon/Sat from 2 to 3 pm. For information, call Norma H., 697-6866.

District 70 has an acute shortage of AA volunteers. AAs are needed to attend meetings at Buncombe County Jail, Craggy Prison, Buncombe Correctional Center, Marion Maximum Security, and Black Mountain Women's Prison (there are various requirements). The local treatment facilities—Neil Dobbin's Detox, the VA Hospital, ADATC, ABCCM, both First Step Farms and Essence Recovery Centers—have the same need, with no requirements. Meeting days and times vary, affording plenty of opportunities. To carry the message to still-suffering alcoholics, call Michael C. at (828) 777-7334.

Planning on traveling outside the U.S.? Central Office currently has in stock a pamphlet listing general contact information for groups overseas. It covers the globe—from Argentina to Zimbabwe—and costs nothing.

On February 2 and 3, there will be a Groundhog Day anniversary celebration for Tom I.'s 50th anniversary. It will take place at the Dennisa Wicker Civic Center, 1801 Nash St., Sanford, North Carolina. Registration is limited to 700 persons on a first-come basis. For more information, contact Wallace B. at (919) 776-5870 or [wallaceb33@wave-net.net](mailto:wallaceb33@wave-net.net); or Dick F. at (336) 342-0027 or [groundhogregistration@yahoo.com](mailto:groundhogregistration@yahoo.com).





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

## GROUP CONTRIBUTIONS

Acceptance Group	250.00
Blue Ridge Group	50.00
Bryson City Group	30.00
Burnsville Group	100.00
Happy hour (Hendersonville)	120.00
Hendersonville Group	20.00
Locked in Forward (Canton)	30.00
Madison County Group (Marshall)	100.00
Marion Noon Group	50.00
Serenity Service (Asheville)	25.00
Sylvan Valley Group	100.00
Traditional Group (Asheville)	150.00
Upward Group	30.00
West Asheville Group	50.00



## Phone Log 9/1/06-9/31/06

Answering service calls	409
General information	111
AA help	9
Family help (Al-Anon)	7
Meeting information	168
Central Office business	47
P.I. calls	0
Medical help (hospital, detox, etc.)	1
Others	36
Visitors	119

<b>Beginning bank balance (9/1/06)</b>	<b>4582.37</b>
<b>INCOME</b>	
Total group contributions	1175.00
Individual contributions	8.00
Cash on hand	137.00
Bank interest	2.05
Sales income	4147.65
Return postage	18.84
Other income	0
<b>TOTAL</b>	<b>5488.54</b>
<b>EXPENSES</b>	
Rent	170.00
Payroll	600.00
Payroll tax	0
Telephone: Bell South	0
Telephone: MCI/Verizon	67.51
Answering service	0
Printing: <i>Where &amp; When</i>	43.00
Printing: <i>Mountain Doin's</i>	0
Editor, <i>Mountain Doin's</i>	150.00
Sales tax	477.92
Literature, chips and medallions	2074.87
Postage	61.72
Postage: <i>Mountain Doin's</i>	102.00
Bank service charge	0
Office supplies	68.37
Maintenance for copier	349.65
Miscellaneous expenses	0
<b>TOTAL</b>	<b>4392.38</b>
<b>Ending bank balance (9/30/06)</b>	<b>1638.30</b>
<b>Prudent reserve</b>	<b>1053.43</b>

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

Danny L.	11/15/02	4 years
Dave A.	11/24/95	11 years
Jane M.	11/6/99	7 years
Jim G.	11/19/86	20 years
Loraine B.	11/3/83	23 years
Phyllis	11/24/89	17 years

### BACK TO BASICS GROUP

Doris H.	11/18/76	30 years
Molly B.	11/16/77	29 years

### CONSCIOUS CONTACT

Chris W.	11/29/99	7 years
Debbie S.	11/19/92	14 years
Diane R.	11/20/03	3 years
Eric T.	11/17/05	1 year
Kay G.	11/5/84	22 years
Pat E.	11/5/91	15 years
Peggy H.	11/23/86	20 years
Wayne D.	11/9/70	36 years

### CUMBERLAND GROUP

Mollie S.	11/12/93	13 years
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### FELLOWSHIP GROUP OF ARDEN

Paul T.	11/10/05	1 year
Sharon M.	11/12/05	1 year

### GOOD LIVERS

Aimee P.	11/1/05	1 year
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### GRACE GROUP

Cecile C.	11/3/03	3 years
Chris W.	11/24/01	5 years
Doug I.	11/8/94	12 years
Ian C.	11/13/01	5 years
Isaac C.	11/22/00	6 years
Molly B.	11/16/77	29 years
Pat K.	11/1/05	1 year
Stephen C.	11/7/04	2 years

### SERENITY GROUP, WAYNESVILLE

Katherine R.		12 years
Marta M.		16 years
Rocky W.		25 years
Starlene D.		1 year

### SPRUCE PINE GROUP

Jean J.	11/24/80	26 years
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### TRYON TUESDAY NITE

Chris S.	11/30/02	4 years
Darren V.	11/5/03	3 years
Scott A.	11/3/02	4 years

### WEST ASHEVILLE

Michelle H.	11/11/04	2 years
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**PLEASE NOTIFY MOUNTAIN DOIN'S OF DECEMBER BIRTHDAYS BY NOVEMBER 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.



Mountain Doin's publishes letters, personal stories, jokes, poetry and cartoons from readers. Materials should relate to recovery, avoid profanity, and steer clear of naming individuals or groups. 300 words max; may be edited for length or content. Submit to Central Office via post or email.

### **What It Means to Be Powerless (Another Funeral)**

I went to another funeral today of someone (James S.) who has been in and out of this Fellowship. I've done this a few times now and I still loathe it. And yes, I told him a bunch of times that if he kept it up (slipping) it wouldn't be much longer and I would be looking at him in his coffin. It gives new meaning to the phrase you hear in the rooms: "Would you rather be right or be happy?" It also gives new meaning to "powerlessness." I can lead the horse to water but I can't make them drink. These things usually contain many opportunities for me to learn/re-learn other important lessons also—such as the importance of my continual admitting and accepting my right size and right place in God's universe. Ultimately I've had to give up on quite a few prospects. I have to quit and move on to someone who wants to hear (and act on) the message of hope and recovery. I can only pray for and turn over to God the ones that "...could not, or would not, see our way of life."

"Carry this message to other alcoholics."

—Carl I., September 11, 2006

### **Friends** By Angie J.

Friends are seen  
Through each others' eyes  
They are not mean  
And do not tell lies

What exactly is a friend?  
It is someone who loves & cares  
& helps your problems mend  
Also to stay and be there

It is that smile on their face  
That occasional hug  
All of this is your friendship's base  
Just as the floor is for a rug

Do you love one another?  
Do you care?  
Are you like sister and brother,  
Who are always there?

If you said yes  
To all of three  
Your friendship is not less  
It's like the trunk of a tree

Seeing your friend smile  
Is like the twinkle in God's eyes  
It makes you go the extra mile  
& dries your tears when you cry

Friends can keep secrets  
Inside their hearts  
And once you meet  
You'll never be apart

No matter how many ways  
You pass & say "hey"  
You'll remember every day  
Just like the sun's rays

So do you see  
That it's you and me  
That should be friends  
Forever and ever, "Amen"?!

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

5 additional copies

*Pick up from Central Office*

*Deliver by mail*

\$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

Place  
Postage  
Stamp  
Here