

MAY/JUNE 2007



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

PLEASE NOTE: The N. C. Mountain Central Office needs to fill two Board positions, Secretary and Treasurer. Elections will be held at the Central Office Representatives meeting on June 3rd at 2:00 PM. Location Serenity Service meeting hall, 697-G Haywood Rd., next to Ingles. Contact Herb at the office if interested. ALSO, the office has moved to the second floor of the Park Place Office Building to office 206 as of April 9th.

Calendar



JUNE 9, 2007

District 70 Founder's Day Celebration
Trinity Episcopal Church—Tuton Hall
Church and Aston Street
Asheville, NC 28801
Eating at 4:00 PM
Speaker at 5:00 PM

JUNE 10, 2007

District 80 Founder's Day Celebration
Riverfront Park, Bryson City
Eating at 2:00 PM Speaker 3:00 PM Games 4:00 PM
Hamburgers, hot dogs & vegetarian items supplied.
Please bring a covered dish.
Call Carl I. 828-293-0605 or iobst_ce@hotmail.com

JUNE 10, 2007

West Asheville Group Picnic
West Asheville Park on Vermont Ave
1:00-4:00 PM

JUNE 10, 2007

District 70 Business Meeting
St. Luke's Church
219 Chunn's Cove Rd.
Asheville, NC 28805
2:30 PM, All District 70 GSRs please plan to attend.

JUNE 15, 2007

District 80 Business Meeting
Cherokee Methodist Church
Soco Rd., Hwy. 19
Cherokee, NC
1:30 PM, All District 80 GSRs please plan to attend.

JULY 3, 2007

Big Town Group 1st Anniversary
Etowa UMC
110 Brickyard Rd., Etowa
Speaker 7 PM, Dennis N. from Charlotte
Eating & fellowship 8:15 PM Contact 828-891-3236

JULY 7, 2007

Regional Service Rally
First Presbyterian Church (Fellowship Hall)
Church and Aston Streets
Asheville, NC 28801
Speaker-Tom I. - Southern Pines, NC 10:30 AM
Lunch 11:30 AM then Traditions Play

JULY 7, 2007

"Sponsorship, The Hand of AA"
Etowa UMC
110 Brickyard Rd., Etowah
3:00-5:00 PM
Speaker - Tom I. - Southern Pines, NC
Spaghetti Dinner provided by District 71
Please bring salad or desserts
Contact 828-606-6000

JULY 19-22, 2007

60th North Carolina State Convention
North Raleigh Hilton Hotel
3415 Wake Forest Road (Exit 10 off I-440 Beltline)
All AA members welcome
Hotel Reservations:
Local Phone: (919) 872-2323
Toll-Free: (800) 445-8667
Group Code: GSCGSCA
Deadline: June 23, 2007



Announcements

Districts 70 Eating Meeting

AA's 72nd Birthday Celebration

Fun and Fellowship

Saturday, June 9th

Eating at 4:00 P.M.

Speaker at 5:00 P.M.
Carol R. - Lexington, NC



Bring a Covered Dish



Trinity Episcopal Church (Tuton Hall), Asheville. (Corner of Lexington and Aston) Entrance is on Aston Street, but you will find parking on Lexington, on Church Street across from the Church, and in back of Tuton Hall in the Church parking lot.

Directions...

From the East: Take I-40 W to I-240 W. Take Exit 5A (Merrimon Ave). At end of ramp turn left onto Merrimon Ave. Go through Pack Square to Aston Street. Turn right on Aston. Tuton Hall is 1 block on the left.

From the South and West: Take I-26 W or I-40 E to I-240 E. Take Exit 4B (Patton Ave) and follow to Church St. Turn right onto Church St. Go past Aston Street. Parking lots are on the right and left past and behind Trinity Church. Tuton Hall entrance is on Aston St. and Lexington Ave, one block east of Church St. or the rear entrance from the parking lot behind the Church.

AA's 72nd Birthday Celebration

Saturday, June 9th, Trinity Episcopal Church (Tuton Hall), Asheville. (Corner of Lexington and Aston) Entrance is on Aston Street, but you will find parking on Lexington, on Church Street across from the Church, and in back of Tuton Hall in the Church parking lot.

Eating at 4:00 P.M. Speaker at 5:00 P.M. Carol R. - Lexington, NC

Directions...

From the East: Take I-40 W to I-240 W. Take Exit 5A (Merrimon Ave). At end of ramp turn left onto Merrimon Ave. Go through Pack Square to Aston Street. Turn right on Aston. Tuton Hall is 1 block on the left.

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FOUNDERS DAY CELEBRATION

Sunday, June 10th, 2007 2:00 PM - 6:00 PM
Riverside Park, Bryson City (Mitchell St. next to Swain Cty Admin Bldg)

Join us for food, fun & fellowship!

Eating 2:00 PM

Speakers: 3:00 - 3:45 PM - Cathy B, Big Town Meeting, Etowah, NC

3:45 - 4:30 PM - Mike B, Big Town Meeting, Etowah, NC

As you are able, please bring a covered dish to share. Hamburgers, hot dogs & all the fixin's will be provided.

DIRECTIONS: Take Rte 74 to Bryson City Exit #67 & proceed toward town. Go straight through 2 lights, cross bridge over river and make first right onto Mitchell Street. Immediately after Post Office (left), entrance to Riverside Park will be on right side.

District 80

2nd Annual

FOUNDER'S DAY CELEBRATION



When: Sunday, June 10th, 2007 / From 2:00 PM - 6:00 PM

Where: Riverside Park, Bryson City (Mitchell St. next to Swain Cty Admin Bldg)

What: Join us for food, fun & fellowship!

2 pm Eating (Typical "pot luck" style)
3 - 3:45 pm - Cathy B, Big Town Meeting, Etowah, NC
3:45 - 4:30 pm - Mike B, Big Town Meeting, Etowah, NC
4:30 pm - More Fun & Fellowship!*

As you are able, please bring a covered dish to share. Hamburgers, hot dogs & all the fixin's will be provided.

DIRECTIONS: Take Rte 74 to Bryson City Exit #67 & proceed toward town. Go straight through 2 lights, cross bridge over river and make first right onto Mitchell Street. Immediately after Post Office (left), entrance to Riverside Park will be on right side.

*Volleyball, Frisbees, water fun & more... Feel free to bring games, water toys & join in the fun



Bring family & friends to join in our celebration & fun!



Announcements

AA Service Rally and Lunch

You are invited to join us for speakers, refreshments, and fellowship aimed at expanding awareness and sharing information regarding AA's outreach with Correctional Facilities, Treatment Facilities, Cooperation with the Professional Community, and Public Information.

Keynote Speaker Tom I. from Southern Pines speaks at 10 a.m!

10:00 am - 2:00 pm Saturday July 7th

Anyone Interested in AA's message of Recovery is welcome.

First Presbyterian Church (Fellowship Hall), 40 Church Street, Asheville (Corner of Church and Aston) Entrance is on Aston Street; you will find parking at the Aston Street Parking lot Entrance.

Directions

From the East: Take I-40 W to I-240 W. Take Exit 5A. Turn Left at light onto Merrimon Ave (RT 25) Go 0.5 mile and take right onto Aston Street. Go 0.1 mile; First Presbyterian is on the Right.

From the South and West: Take I-26 W to I-240 E. Take Exit 4B (Patton Ave) From the first light go 0.6 mile. Take a right onto Church street. First Presbyterian is 0.1 mile on left.

Western North Carolina AA Service Rally & Lunch

You are invited to join us for speakers, refreshments, and fellowship aimed at expanding awareness and sharing information regarding AA's outreach with Correctional Facilities, Treatment Facilities, Cooperation with the Professional Community, and Public Information.

Keynote Speaker Tom I. from Southern Pines speaks at 10 a.m!

"Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish... this is an experience you must not miss."

Chapter 7 Alcoholics Anonymous



"Both you and the new man must walk day by day in the path of spiritual progress. If you persist, remarkable things will happen. When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned. Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances!"

Chapter 7 Alcoholics Anonymous

10:00 am - 2:00 pm Saturday July 7th

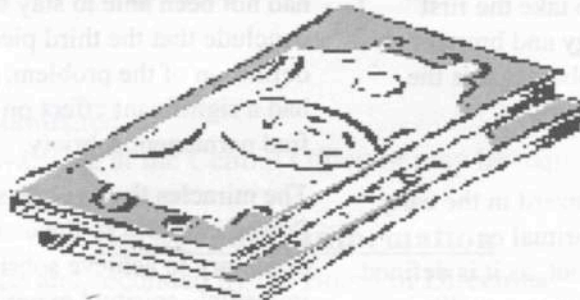
Anyone Interested in AA's message of Recovery is welcome.

First Presbyterian Church (Fellowship Hall), 40 Church Street, Asheville (Corner of Church and Aston) Entrance is on Aston Street; you will find parking at the Aston Street Parking lot Entrance.

Directions...

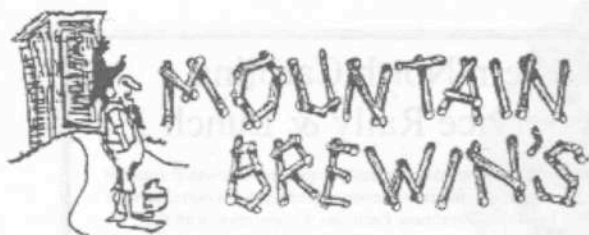
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From the South and West: Take I-26 W to I-240 E. Take Exit 4B (Patton Ave) From the first light go 0.6 mile. Take a right onto Church street. First Presbyterian is 0.1 mile on left.



GROUP CONTRIBUTIONS

Acceptance Group	100.00	Kanuga Group	45.00
Andrews Group	6.00	Leicester Group	25.00
AWOL Group	48.00	Midday Group (Hendersonville)	80.00
Big Town Group	13.25	Mission Group of Sylva	50.00
Bone Dry Group	20.00	St. Timothy/Speed Bump	100.00
Brevard Serenity Group	75.00	Sylvan Valley AA	200.00
Candler Kiss Group	150.00	In Memory of Harvey O.	20.00
Cashiers Valley Group	148.40	Glenn H.	5.00
Conscious Contact Group	250.00	Francis T.	25.00
Grace Group	450.00		
Hendersonville Group	20.00		



Founder's Day

As we approach June 10th, our 72nd Anniversary as a fellowship; let us look at the miracles that our Higher Power brought about to establish this fellowship and program that has saved so many lives over this period. The events that brought this fellowship into being are fascinating.

When the Big Book was written in 1934, it was designed on the basis of problem solving. The three main elements of problem solving are: (1) Defining the problem; (2) Defining the solution; and (3) Finding the process to get from the problem to the solution. How were these three elements brought together to provide the start to Alcoholics Anonymous?

The Problem:

The problem was given to Bill Wilson in 1934 by Dr. Silkworth when he explained to Bill that it was a disease of two parts. First an allergy of the body where craving developed when alcohol was consumed, and second that an obsession of the mind existed that made it appear alright to take the first drink which then triggered the allergy and brought on the spree of drinking. This mental obsession is the insanity talked about in the second step.

The Solution:

The solution was given to Roland Hazard in the early 1930s by Dr. Carl Jung as, a rare Spiritual or Religious Experience that brings about, as it is defined in Appendix 2 of the Big Book, "...the personality change sufficient to bring about recovery from alcoholism". Roland carried this to Frank Buckman and the Oxford groups.

The Program of Recovery:

The Oxford Groups, in their quest for perfect Christian zeal and behavior, developed a six step process that was found to help alcoholics achieve some level of sobriety. These six steps were:

- (1) Complete deflation
- (2) Dependence and guidance from a Higher Power
- (3) Moral Inventory
- (4) Confession
- (5) Restitution
- (6) Continued work with other alcoholics

As the result of Roland working with Ebby Thatcher and Ebby coming to Bill in his kitchen, these three elements were brought together with Bill Wilson as the catalyst. By receiving all three of these elements, he was able to stay sober, attending Oxford Group meetings and working with other alcoholics he drug in off the street. Although none of the others stayed sober, he did as his wife Lois pointed out to him.

Bill, concerned that he was not being effective working with others, consulted Dr. Silkworth prior to going to Akron on the famous business trip. Dr. Silkworth told Bill that he had been preaching to these others, trying to convert them to the solution without ever telling them about the problem. He reminded Bill about their talks and suggested that Bill tell these others what he (Dr. Silkworth) had told Bill.

When Bill went to Akron and met with Dr. Bob, his approach was totally different, giving Dr. Bob the problem. We have to realize that Dr. Bob had been going to the Oxford Group longer than Bill had and had not been able to stay sober. From this we can conclude that the third piece of the puzzle, the definition of the problem, given by Bill to Dr. Bob had a significant effect on him and allowed him to find permanent sobriety.

The miracles that we can see here are: (1) The Higher Power used Bill as the catalyst for all the pieces necessary to achieve sobriety and gave him the immediate spiritual experience. (2) That Dr. Bob, a medical person would accept the medical definition of the problem from a non-medical person, Bill. (3) That with Dr. Bob's slow educational variety of spiritual experience we have both ends of the spectrum. It took Dr. Bob several years to loose the craving for alcohol. (4) That Dr. Bob's "keep it Simple" philosophy tempered many possible actions that could have destroyed the fellowship.

Let us be grateful on this Anniversary of Dr. Bob's last drink for the guiding power that has given so many sobriety.





North Carolina Mountain Central Office is having its quarterly Central Office Representatives (COR) meeting on June 3, 2007 at the Serenity Service meeting location.

The meeting is at 697-G Haywood Rd., next to the Ingles supermarket and will start at 2:00 PM.

All group Central Office Representatives should plan to attend and give their Group's Conscience on the following items.

Central Office Reps Meeting Agenda

1. Sending 2 complementary copies of Mt. Doins' to groups instead of 3.
2. Mail only to groups that want them.
3. By-law changes*:

Article 7 #1-f to read "leasing, purchasing and maintenance of office space and equipment".

Article 7, #5, from chairman of the volunteer telephone answering committee to "Communication Director".

4. Elections:

Secretary

Treasurer - Bill O. nominated

*Copies of the By-Laws are available at the Central Office or may be requested by e-mail.

Background Information

These agenda items come made and seconded by the Board of Directors.

Item 1: Mailing costs have increased again and production cost have increased as well. The board feels that this reduction in cost will enable the Central Office to give better service.

Item 2: This follows the same criteria as Item 1.

Item 3: The change in the language of Article 7 #1-f is simply updating the by-law to current equipment and leasing options used today. The current Article reads "Leasing and maintenance of office space." Since the writing of the by-laws, Central Office has leased a Copier/Printer with a maintenance agreement. In order to operate on a daily basis the Board and Office manager needs the ability to make business decisions in a timely manner.

Article 7 #5 currently reads "The Central office Manager and Chairman of the Volunteer Telephone Answering Committee shall be a voting member of the Central office Board." The Board redesignated the Chair of the Answering Service to be the "Communications Director" with duties extending to maintaining the Where and When, Producing and distributing the Mountain Doins, and managing the new teleservice. The change is simply updating the title in this Article.

Item 4: Bill C. volunteered to be the Treasurer and the Board nominated him for the position after reviewing his qualifications at the April Board meeting. Any other candidates may be nominated at the June COR meeting. To date there are no volunteers for the Secretary's position.



May Birthdays

ASHEVILLE BIG BOOK STEP STUDY

Jennifer E.	05/01/06	1 year
Michaeline W.	05/28/98	9 years

BLACK MOUNTAIN

Hugh H.	05/11/78	29 years
Roger D.	05/13/01	6 years
Gary B.	05/16/88	19 years
Frank M.	05/16/88	19 years

CONSCIOUS CONTACT

Bill Y.	05/10/02	5 years
Cari B.	05/23/90	17 years
Michelle M.	05/31/88	19 years

CUMBERLAND GROUP

Lee R.	05/08/92	15 years
Rusty M.	05/10/83	24 years

GOOD LIVERS

Christine G.	05/07/00	7 years
Teri T.	05/26/03	4 years

HENDERSONVILLE GROUP

Caroline S.	05/05/06	1 year
Carl S.	05/06/06	1 year

MID-DAY GROUP, HENDERSONVILLE

Karen T.	05/01/85	22 years
Joyce P.	05/06/91	16 years
Ken Mc	05/08/06	1 year
Ed S.	05/11/06	1 year
Bruce R.	05/15/06	1 year
Lisa K.	05/15/06	1 year
Anna B.	05/15/06	1 year
Theresa H.	05/19/06	1 year
Maurice B.	05/30/00	7 years

SERENITY SERVICE

Keith D.	05/05/05	2 years
Mark M.	05/14/86	11 years
David R.	05/21/77	30 years

TRADITIONAL GROUP

Hensley H.	05/03/85	22 years
Webb M.	05/05/03	5 years
Whitfield K.	05/08/05	2 years
McMahan J.	05/08/05	2 years
David C.	05/09/01	6 years
Floyd M.	05/09/95	12 years
Eugene P.	05/11/91	16 years
Dearman D.	05/18/05	2 years
Kathy H.	05/19/92	15 years
Jane A.	05/24/06	1 year
Worley D.	05/25/03	4 years
Cindy T.	05/28/94	13 years
Bob K.	05/29/93	14 years
John M.	05/29/01	6 years

UPWARD GROUP

Vee S.	05/20/79	28 years
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WEAVERVILLE BACK TO BASICS

Bob V.		27 years
Peter S.		30 years
Vivian G.		28 years

YOUNG PEOPLE'S GROUP

Jason M.	05/05/04	3 years
Sarah C.	05/31/05	2 years



June Birthdays

ASHEVILLE GRACE GROUP

Bob P.	06/02/92	1 year
Ronnie J.	06/03/04	3 years
Susan R.	06/07/05	2 years
Paul S.	06/10/85	22 years
Katie K.	06/13/97	10 years
April M.	06/19/03	4 years
Mark M.	06/21/03	4 years
Kent P.	06/25/84	23 years
Keith C.	06/26/04	3 years

BACK TO BASICS

Bill M.		33 years
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BLACK MOUNTAIN

Rich S.	06/11/05	2 years
Mike T.	06/16/77	30 years
Brenda W.	06/30/86	21 years

CONSCIOUS CONTACT

John J.	06/02/86	21 years
Ken G.	06/05/03	4 years
Charles M.	06/19/01	6 years
Carolyn S.	06/21/89	18 years
Terry C.	06/26/05	2 years
Joyce D.	06/26/90	17 years
Sue T.	06/27/84	23 years
Melanie C.	06/29/91	16 years

CUMBERLAND GROUP

Brad K.	06/01/98	9 years
Sean S.	06/18/06	1 year

FELLOWSHIP GROUP, ARDEN/FLETCHER

Barbie H.	06/21/03	4 years
Sue T.	06/27/84	23 year

GOOD LIVERS GROUP

Ellen M.	06/30/86	21 years
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HAPPY HOUR GROUP, HENDERSONVILLE

Leonard A.	06/04/00	7 years
Mark J.	06/21/92	15 years
Loie J.	06/25/73	34 years
Mary D.	06/25/79	28 years

MARS HILL GROUP

Bill M.	06/01/74	33 years
Bill S..	06/08/05	2 years
Rick G.	06/26/95	12 years

MID-DAY GROUP, HENDERSONVILLE

Leonard	06/04/00	7 years
Blair T.	06/09/03	4 years
Jim R.	06/15/97	10 years
Mark J.	06/21/92	15 years
Ceil M.	06/24/06	1 year
Loie L.	06/25/73	34 years
Robin S.	06/26/87	20 years

SERENITY SERVICE

Lawrence E.	06/04/03	4 years
John R.	06/06/87	10 years
Teresa J.	06/10/05	2 years
Rebecca C.	06/12/03	4 years
Kent	06/25/84	23 years
Joe	06/26/04	3 years
Chantelle M.	06/26/05	2 years

TRADITIONAL GROUP

Oliver L.	06/03/89	18 4 years
Prevost B.	06/06/04	3 years
Norman J.	06/14/06	1 year
Thompson R.	06/15/01	6 years
Mason D.	06/21/04	3 years
Lily M.	06/27/97	10 years
Cole R.		13 years

TRYON TUESDAY

Bill M	6/22/03	4 years
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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, depending 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
Town and Zip Code

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