

MOUNTAIN DOIN'S

Central Office Newsletter

March 2008



Published by the North Carolina Mountain Central Office (Districts 70, 71, & 80)
206 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801
Phone: 254-8539 or 1-800-524-0465 Email: ncmco@bellsouth.net

The next Central Office meeting for Central Office Representatives will be on April 20, 2008 at 2:00 PM in Hendersonville, NC. The Agenda will be published in the April Mountain Doins.

If you have an item to be included on the Agenda please send it via E-mail to NCMCO@bellsouth.net. This is your Central Office. Thank You!

Central Office hours are 10:00 A.M. to 1:00 P.M., Monday through Friday.

The office will be closed on Saturdays!

Calendar

Sunday, March 9, 2008

District 70 CPC/PI Meeting

Central Office, 70 Woodfin Pl., Suite 206

1:00 PM

Sunday, March 9, 2008

District 70 Business Meeting

St. Luke's Church, 219 Chunns Cove Rd., Asheville

2:30 PM

Monday, March 10, 2008

District 71 CPC/PI Meeting

Golden Corral Restaurant

Hwy 64 E. 1/4 mi east of I-26, Hendersonville

5:30 PM

Saturday, March 15, 2008

Central Office 12-Step Volunteer Training

St. Lukes Church, 219 Chunns Cove Rd, Asheville

Call Rick W. 828-423-8305 for more information

11:00 AM - 12:30 PM

Sunday, March 16, 2008

Closed Central Office Board Meeting

Central Office, 70 Woodfin Pl., Suite 206

All CO Board members Please plan to attend

2:00 PM



Thursday, March 27, 2008

District 71 Treatment Committee

For Pardee Detox volunteers Orientation & Training

Pardee Hospital Health Education Center

Four Seasons Mall, (1/4 mi west of I-26)

At the west end of the Mall next to Belks

Four Seasons Blvd (Hwy 64 W), Hendersonville

6:00-8:00 PM

Saturday, April 12, 2008

District 71 Business Meeting & Pot Luck Dinner

Fletcher United Methodist Church

Hwy 25 (Hendersonville Rd), Fletcher,

across from CVS Pharmacy

Business Mtg 2:00 PM

Pot Luck Dinner 4:00 PM

Sunday, April 20, 2008

Central Office Representatives (COR) Meeting

Mt. Pisgah Lutherine Church

Hwy 64 E. 1/2 mi east of I-26, Hendersonville

Just past Ingles Supermarket

All CORs please plan to attend

2:00 PM

The Mountain Doins is your newsletter. We are asking for contributions of articles, jokes, poems, and any other material or suggestions you have. We especially ask that you provide us with any events your group or district is having so we can inform all about it. Also remember to send in your group member's anniversaries including the date. The deadline for submissions is the first of the month prior to the issue month. For example; the cutoff for the March issue is February 1st. If you have flyers for your event please submit an electronic version in MS Word, Adobe Illustrator, PageMaker, or Acrobat PDF or call to discuss. Our e-mail is NCMCO@bellsouth.net or call Jim at 828-275-6280. Thanks for you help.

Mountain Doins is published monthly as an informational service to all A.A. members in western North Carolina Districts 70, 71, and 80. Opinions expressed herein are not to be attributed to A.A. nor does publication of any feature imply endorsement by A.A. or the N.C. Mountain Central Office. Material reprinted from A.A. World Services Incorporated, or from *The Grapevine* is published with permission.



Treasurer's Report

N.C Mountain Central Office, Inc.

Jan 31 2008 - Profit and Loss

INCOME

Group Contributions	917
Individual Contributions	162
Sales Income	3216
Interest Income	0
Gross Profit	5295

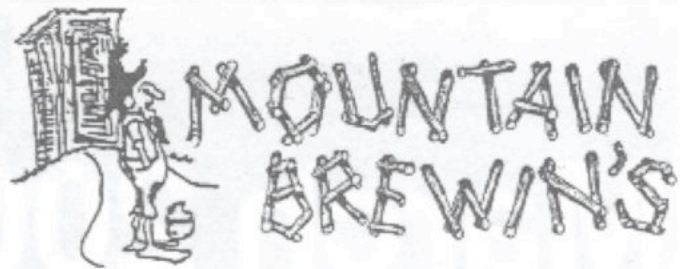
EXPENSE

Answering Service	298
Other Telephone	341
Rent	400
Payroll	0
Payroll Taxes on 2007 Payroll	1352
Literature, Chips, Medallions	1780
Postage	134
Copier Costs	190
Bank Charges	6
Fees - Consultants, Legal	545
Supplies	43
Maintenance	90
Total Expens	5179

NET INCOME 116

Treasurer's Note

Finances continue to improve in January, and we were able to tuck away another \$500 into the Prudent Reserve. We ended the month with balances of \$1931 in our checking account and \$1070 in our money market account (our Prudent Reserve). Accounts receivable remained manageable at \$794, thanks especially to group treasurers who did a fine job of promptly paying invoices. All bills were paid promptly and there were no accounts payable at month-end. We did have to send a check for \$1352 to the IRS to cover the FICA and Medicare bill for 2007 payroll.

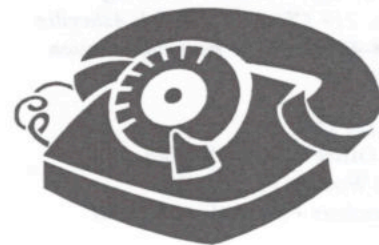


NEW MEETINGS and CHANGES

The **Pisgah Meeting** meets on Thursday night at 8:00 PM at the First Presbyterian Church at 40 North Church Street in Asheville. Please support this new meeting.

The **Cullowhee Group** has changed its Thursday night meeting from 7:30 PM to 5:30 PM

Did you know that NC Mountain Central Office has a PI lending library with TV and radio public service announcements from the General Service Office?
Come on by.



Phone Log February, 2008

Answering Service Calls

A.A. Crisis	2
General Information	13
Family Help	7
Meeting Information	82
Central Office Business	25
Medical Help/Detox, Hosp, etc	1
Visitors	51



NCMCO Happenings

There has been some confusion about the Central Office hours of operation. They are from 10:00am - 1:00 pm, Monday - Friday. The office is no longer open on Saturdays but in a dire emergency, you may contact Jack D., Office Mgr. at 828-779-8975, at least 24-hours in advance to schedule a Saturday pick-up.

The Central Office decided to become the collection point for literature for Correctional Facilities. Only soft cover books and other literature can be taken into these facilities. Please drop off any soft cover A.A. literature to the Central Office between the hours of 10 AM and 1 PM, Monday thru Friday.

The Central Office is also holding an orientation/training workshop for 12-Step volunteers, or those who would like to become one. It will be held at St. Lukes Church at 219 Chunn's Cove Rd. on March 15th from 11:00 AM until 12:30 PM. Hear about the Do's and Don'ts of 12-Step calls from some old timers. This is a chance to improve your Service Life and show your gratitude for what has been so freely given you. This is an excellent opportunity for you to get involved in our Primary Purpose and experience the joy of this type of service work.

District 70

District 70 is looking to fill the position of Secretary. It requires 2 years sobriety and a strong desire to be of service. Please reply to the DCM through the website, ashevilleaa.org in the *Contact Us* section or call Brenda W., DCM, at 828-668-7618.

Thank You!

District 71

District 71 has a newly formed Special Events Committee. Their first project is a Home Group Celebration with plans on the drawing board for a date sometime in May or June. This committee is also responsible for our Unity Day in Oct. Contact Debbie M., DCM, at 828-606-6000 if you are interested in being a part of this committee.

Once again we are attempting to establish a District 71 website. Details will be forthcoming during the 3rd qtr business meeting.

A special viewing of "Markings on the Journey" followed by an open discussion will be presented this July, hopefully as a part of the 3rd quarterly evening meeting. This 35 min. video includes rare footage from the AA archives of Bill W., Sister Ignatia and others.

District 80

No information provided

Notice

Please drop off any unwanted soft cover A.A. literature to the Central Office between the hours of 10 AM and 1 PM, Monday through Friday for distribution to Correctional Facilities.

This literature is needed badly and will be appreciated by the inmates who are seeking recovery behind the walls.

Thanks!

Service – Gratitude in Action

When I first came into AA, I was taught about the ABC's of AA. (ashtrays, brooms, and coffee cups). My first service was to the **Home Group**. This gave me a sense of belonging and friendships that have lasted until today.

When I was six months dry, my sponsor grabbed me by the ear and said, "Come on pea brain, I'm taking you to a meeting." That meeting was the Intergroup Institutions Committee that took 240+ meetings a week into around 70 different facilities in the county. Those consisted of prisons, jails, hospitals, treatment centers (adult and juvenile), DWI programs, Social Services programs, and Detox centers. They also had a special subcommittee to that dealt with the legal and medical systems and other areas covered by CPC and PI. This expanded my service experience into **Direct Service**. Carrying meetings into facilities to those who could not get out, sponsoring people through the Steps, helping where ever I could to show the gratitude I had for my sobriety.

That was my introduction to Service outside the Home Group and it has been a very large part of my recovery ever since.

Next came **General Service**, taking positions in the Home Group to keep the wheels turning. Then District positions which allowed me to see AA at a different level than the Home Group. Eventually this led to Area Service and again a different level of humility and purpose.

I learned about the two sides of Primary Purpose in this work. Most AA's think of Primary Purpose as helping the other guy, usually not yet in the program, or of helping the Group. The other side of Primary Purpose, **experiencing and understanding how service enriches and strengthens our own sobriety** seems lost for most AA's; or never experienced at all.

I was sponsored into service and it has been a large part of my recovery. I do not see the same attitudes today toward Service outside the Home Group. I would love to see the positive attitude toward service return throughout AA. It is one of the cornerstones of our recovery. It is the one thing that has saved many Alcoholics from taking a drink when other things would not work.

How many Groups with large membership lists have 5 or 10 people attend their business Meeting. How many groups have GSRs who attend the District meeting? (the average is usually 25% to 30%). How many GSRs attend the Area Assembly? (the average is 20% to 25%). Sad isn't it?

Ask the people that are doing well and look happy and project peace and serenity how they got that way. I'll bet that most of them will list service work as one of the reasons.

I know that for me, service work outside the home group, has allowed me to learn and grow and find new levels of peace and serenity which I believe is what every alcoholic is seeking

Each of us has been given so much in sobriety that we would never have had if someone had not led us down the path to sobriety. We now have homes and families, jobs, cars, and lives that have some meaning

Why do we use these very rewarding things that AA and sobriety have given us as the excuse for being too busy to give back what was so freely given us.

We need to talk about the other side of Primary Purpose, what it has done for our own sobriety. There are so many areas where we can help. There is something for everyone in the different services AA provides.

All of the following committees need help to fulfill the primary purpose of AA as a whole, and each of the Districts covered by this Central Office have the Service Committees in place. All you have to do is reach out; one of the very first things we were taught to do in sobriety.

The service committees are:

Corrections – taking meetings into jails and prisons.

Treatment – taking meetings into all facilities not covered under Corrections.

CPC (Cooperation with the Professional Community) – Talking with professionals about how to use AA as a resource. This area deals with Churches, the legal profession, the health profession, human resource departments of corporations, nursing homes, etc.

In earlier days, AA was the first place the alcoholic in crisis would make contact with a chance at recovery. Either the alcoholic himself or a family member would contact a member of AA or the alcoholic would show up at a meeting of AA and meet members who would introduce them to the fellowship and the program of recovery we offer.

Today, AA is probably the last place an alcoholic in crisis will end up. Now it is a treatment center or social services or a hospital mental ward. Society today has been looking to Government and social service programs before looking at organizations such as Alcoholics Anonymous. The professionals are the ones who will see the alcoholic in crisis first by virtue of what you do, and therefore, are the key to that person having a chance at recovery.

PI (Public Information) – This involves getting the message out through distribution of literature to any source that the alcoholic might visit or hear. The central office has a lending library of PSA's (Public Service Announcements) for radio and TV stations. The PI committee distributes literature to libraries, hotels & motels, doctor's offices, hospitals, Detox centers, treatment facilities, etc. The list is endless. PI also deals with getting the message to those in AA. We need to educate our own membership too.

As I said before, there is a place for everyone. Those scared or uncomfortable about going into a prison could easily find a place in a hospital or a Detox center, or some other location they prefer. This will let us get involved and find out where our interests can best serve AA as a whole. Those in early sobriety can distribute literature to needed locations or stuff envelopes and mail letters to designated people or offices.

For those who haven't experienced the joy of being involved in service; Give it a try! There is something for everyone to do.

From the 2nd appendix of the Big Book:

“There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance- that principle is contempt prior to investigation.”

- Herbert Spencer

Submitted by Jim B., Hendersonville, NC

Volunteers are needed!

We are currently seeking volunteers for the 12-Step list for incoming calls on the 24-hour answering service. For these calls, the service will call you and give you the crisis callers name and phone number for you to call back.

If you would like to serve in this Primary Purpose service and give back some of what was given to you, complete and return the form to the address listed below. You will be contacted by our volunteer coordinator, Rick W. or call 828-254-8539 or 800-524-0465 or e-mail ncmco@bellsouth.net

Name:

Address:

City/St/Zip:

Area Code/Phone:

Please return the completed form to:

**Volunteers, NCMCO
206 Park Place Office Bldg.
70 Woodfin Place
Asheville, NC 28801**



March Birthdays

Asheville Big Book Step Study

Terry G.	03/26/79	29 years
Don D.	03/12/04	4 years

Asheville Grace Group

Betsy C.	03/13/95	13 years
Shari S..	03/08/02	6 year
Jeremy F.	03/14/04	4 years
Diane L.	03/12/05	3 years

Back To Basics

Gary R..		8 years
----------	--	---------

Brevard-Sylvan Valley Group

Richard H.	03/17/81	27 years
Cookie H.	03/15/89	19 years
Peter U.	03/31/95	13 years
Charles G.	03/19/96	12 years
Chris S.	03/31/96	12 years
Ryan T.	03/21/06	2 years
Crystal M.	03/20/06	2 years
Dennis T.	03/04/07	1 year
WandaLu P.	03/06/07	1 year
Allison E.	03/15/07	1 year
Danny	03/21/07	1 year

Conscious Contact

Sally K.	03/06/84	24 years
Joan R.	03/31/88	20 years
J.C.	03/11/92	16 years
Daniel S.	03/29/98	10 year
Rainbowalker	03/01/01	7 years
JTK	03/13/02	6 years
Tom H.	03/10/04	4 years
Susan H.	03/10/06	2 years

Happy Hour, Hendersonville

Deborah W.	03/17/87	21 years
Pamona T.	03/07/89	19 years

Mars Hill Group

George E.	03/12/90	18 years
Gary R.	03/05/00	8 years

Mid-Day Group, Hendersonville

Mike S.	03/27/77	31 years
Charlie P.	03/11/83	23 years
Mark J.	03/23/91	17 years
Art I.	03/18/92	16 years
Dawn B.	03/13/04	4 year
Claudia J.	03/04/05	3 years
Judy T.	03/07/05	3 years
Bryan S.	03/00/06	2 years

GROUP CONTRIBUTIONS 2007

NCMCO Group Contributions

	January	Total YTD
District 70		
Acceptance	432	432
Conscious Contact	400	400
Daily Decisions	118	118
Fellowship	105	105
Good Livers	49	49
Marion	25	25
Serenity Seekers	50	50
Six O'Clock Open	125	125
Traditional	125	125
Subtotal District 70	1429	1429
District 71		
Blue Ridge	15	15
But for the The Grace of God	20	20
Hendersonville	20	20
Mid-Day	40	40
Mill Spring	25	25
Subtotal District 71	120	120
District 80		
Cashiers Valley	100	100
Common Sense	90	90
Murphy Big Book	40	40
Recovery by the River	108	108
Sunshine	30	30
Subtotal District 80	368	368
Total Contributions	1917	1917

The Central Office/Intergroup truly appreciates

pull out of the problems that occurred last year. The Central Office Board of Directors is committed to serving Districts 70, 71, and 80 in all of their endeavors. Please call when you have any needs that we may assist in and please notify us of any events where we may help you spread the word.

Some things that have changed since I found Sobriety and the AA way of life

1. I used to wake up in the morning and say "Good God, it's morning", now I say "Good morning God".
 2. I don't have to get the cotton out of my mouth.
 3. I actually like the sun shining in my window.
 4. Breakfast is an option..
 5. I show up for work (almost on time)..
 6. I don't have to wonder where I parked the car or inspect it for damage.
 7. I'm not afraid to look in my wallet
 8. I actually sleep in bed with my wife (or partner) instead of the couch.
 9. I don't have to wonder if I need a meeting, my wife always reminds me that I do.
 10. I actually have a valid drivers license and a current plate and insurance.
 11. I now know that "de-nile" is not a river in Egypt.
 12. I'm not afraid to answer the door bell.
 13. I don't jump when the phone rings.
 14. I actually admit when I am wrong. (occasionally)
 15. If someone offers me a drink, I can say "No thank you" and be happy.
- FINALLY: I am comfortable in my own skin.

Submitted by: Rick W., Asheville

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:

2 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 \$7.00 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, depending upon USPS rates.

Clip and mail with check or money order to:
N.C. Mountain Central Office
206 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
206 Park Place offices
70 Woodfin Place
Asheville, NC 28801

Address correction requested
Town and Zip Code

Place
Postage
Stamp
Here

