

May 2008



Published by the North Carolina Mountain Central Office (Districts 70,71, & 80)
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The next Central Office meeting for Central Office Representatives will be on July 20, 2008 at 2:00 PM in Sylva, NC. The Agenda will be published in the June 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

Saturday, May 10, 2008

District 80 Eating Meeting

Celebrating the Clyde Central Group's 1st Anniversary
Clyde Central UMC

Speaker at 5 PM

Spagetti Dinner at 6 PM

Bring a covered dish!

Sunday, May 11, 2008

District 70 Business Meeting

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

2:30 PM

May 16-18, 2008

Area 51 Spring Assembly

North Raleigh Hilton

3415v Wake Forest Rd, Raleigh

All GSRs Please Attend

Sunday, May 31, 2008

District 70 Ice Cream Social/Sugar Fest

Trinity Episcopal Church

60 Church St., Asheville

1-4 PM; \$3.00 Donation

Bring your favorite dessert

Contact Ruthie C. for more info 668-9861



Tuesday, June 3, 2008

District 70 Corrections/Treatment Comm. Mtg.

Trinity Episcopal Church

60 Church St., Asheville

6:45 PM

Saturday, June 7, 2008

District 71 Unity/Founders Days Meeting

Place & Time to be announced. The 30 minute

"Markings on the Journey" video will be shown

Sunday, June 15, 2008

District 70 AA Anniversary Meeting

Trinity Episcopal Church, Tuton Hall

Corner of Aston St & Lexington Av

Eating at 4 PM; Bring a covered Dish

Speaker at 5 PM: Richard B., Hendersonville

Sunday, July 13, 2008

District 80 Business Meeting

Cherokee UMC

Hwy 19, Cherokee, NC

1:30 PM

All GSR's please plan to attend

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 your 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.

March 31, 2008 - Profit and Loss

INCOME	March	1st Qtr Actual	1st Qtr Budget
Group Contributions	2045	6198	5850
Individual Contributions	250	437	345
Sales Income	3148	7270	8160
Interest Income	1	1	1
Gross Profit	5444	13906	14356
EXPENSE			
Answering Service	340	920	1050
Other Telephone	309	1089	1245
Rent	400	1200	1200
Payroll Taxes	0	1352	1340
Literature, Chips, Medallions	2204	5214	7350
Postage	245	414	300
Copier Costs	185	559	525
Maintenance	0	190	210
Insurance	0	0	0
Supplies	111	210	270
Fees, Consultant, Legal	25	25	75
Total Expense	3819	11174	13565
NET INCOME	1625	2732	791

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.

The new **Dry Dock Group** meets at the ABCCM "Vets Inn, Room 411". Off Exit 55 (I-40). Turn left at light and look left next to Zaxby's Chicken. All meetings at 5 PM. Mon (MCBB), Thurs (MCSS), Sat (MCBG)

The **Dunns Rock Group** in Brevard/Cedar Mtn. has disbanded. All meetings are cancelled.

The **Mountain View Group** in Brevard has changed its name to **Fireside Group**.

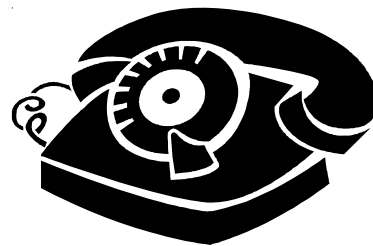
Did you know that NC Mountain Central Office has a PI lending library with TV and radio public service announcements from the General Service Office?
Come on by.

Treasurer's Note

Our balance sheet grows stronger each month. In spite of tucking another \$500 into the Prudent Reserve (it's now at \$2070) we ended the month of March with a checking account balance of \$2799 - \$1000+ more than our February month-end figure.

Group contributions continued over \$2000 and, in an encouraging development, individual contributions reached \$250.

Since March marks the end of a quarter our profit and loss statement in this issue includes the quarterly totals ("budget" vs. "actual") as well as the March figures. You'll note that while literature sales were somewhat disappointing we did much better than budgeted in respect to controlling our costs. We hope for continued smooth sailing for the foreseeable future.



Phone Log March, 2008

Answering Service Calls

A.A. Crisis	2
General Information	25
Family Help	4
Meeting Information	118
Central Office Business	41
Medical Help/Detox, Hosp, etc	1
Visitors	53



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 828-254-8539, 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 quarterly COR meeting was held on Sunday, April 20th in Hendersonville with a fair turnout. There was a lot of discussion on the proposed new Central Office website development over the content and compliance within the Traditions. There were also many questions about the relationship of the Central Office with the AA Service Structure.

The Central Office Board will be reviewing applications for the office manager's position stated in last month's publication and making a decision soon. Thank you to all who submitted resumes.

District 70

Anyone interested in taking meetings into Neil Dobbins Detox, please contact Mary C. at 828-681-0839.
Thank You!

District 70 will be holding an Ice Cream Social on May 31st at Trinity Episcopal Church as listed on the Calendar. The last one held late last year was a great success with everyone having a wonderful time. Please plan to attend. The CPC/PI Committee under the leadership of Dale L. has broken ground into new areas with much enthusiasm. Presentations are planned for two areas of DSS, the Episcopal Diocese, Employee Assistance, and the AB Tech Nursing students, as well as the Academy of Trial Lawyers, and others. Great job Dale!

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 as a part of the 3rd quarterly eating meeting. This 35 min. video includes rare footage from the AA archives of Bill W., Sister Ignatia and others.

District 80

Congratulations are in order for the Clyde Central Group which celebrated its first Anniversary. The group will host an eating meeting on May 10th to celebrate. Everyone plan on going and taking a covered dish.

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!

Central Office - What We Do and Why We Need Your Help

Because of the events over the past several years I thought that it might be a good idea to answer some questions you may have and try to answer the specific question, “why should I support Central Office/Intergroup?”

What is North Carolina Mountain Central Office/Intergroup’s mission?

The mission of the North Carolina Mountain Central Office/Intergroup Internet website is to support the groups of Districts 70, 71 and 80 in their pursuit of the primary purpose of Alcoholics Anonymous.

How does your Central Office/Intergroup operate?

All groups in Western North Carolina are entitled and encouraged to have a Central Office Representative (COR) to express the group’s conscience, views and desires at the quarterly Central Office/Intergroup meeting.

COR meetings will be held on a rotating basis in each of the three districts beginning in April in District 71. Intergroup meetings are an open forum for all A.A. members.

Financial support of NCMCO/Intergroup is purely voluntary and is not required for any group to have a representative and a vote.

It is the Central Office Board’s responsibility to outline and monitor the NCMCO operations and activities in accordance with the By-laws of the North Carolina Mountain Central Office and the desires of the member groups.

How is North Carolina Mountain Central Office/Intergroup financed?

- Group contributions
- Individual contributions from Alcoholics (A.A. members only)
- Sale of Conference and Non-Conference approved literature.

A brief financial statement is published monthly in the Mountain Doin’s newsletter and lists all group contributions. Detailed financial reports are presented at the quarterly Central Office Representatives/Intergroup meeting. If you have a question about contributions, call or email the Central Office manager.

What happens at the North Carolina Mountain Central Office?

12 Step Calls

The Intergroup Office maintains a listing for AA in all local telephone directories of each District. AA volunteers answer the phones, and when calls come in from individuals looking for help, the volunteers contact AA members from a twelve-step list maintained in the office and arrange for AA members to call on individuals seeking help from problems with alcohol. Individuals seeking help for other problems are referred to the appropriate programs or agencies.

Information

The North Carolina Mountain Central Office is the clearinghouse for information and logistical support between A.A. members, groups, local and Area committees, General Service Office in New York and the community at large.

Teleservice

When the Central Office is closed, individual A. A. members can get meeting information and locations, Also, our answering service and after hours’ operators provide the referral service for alcoholics in crisis. AA Volunteers return calls to the alcoholics in crisis.

Mountain Doin’s

Mountain Doin’s, the Central Office/Intergroup newsletter, is published and distributed to all groups, meetings, and subscribing individuals with the help of volunteers. It contains Central Office/Intergroup financial reports and other A. A. news of interest to the three districts.

Where and When

North Carolina Mountain Central Office/Intergroup maintains a list of all known meetings in Western North Carolina. This meeting list is updated and published on a regular basis. There is also a meeting list of the corrections and treatment facilities meetings and information at Central Office/Intergroup.

Lending Library

Central Office maintains a lending library of Public Information (PI) materials for the use of the member groups and District Committees.

Literature

North Carolina Mountain Central Office/Intergroup maintains an inventory of Conference and Non-Conference approved books and pamphlets for sale to A.A. members and the general public. Central Office is

also a collection point for institutional literature (Big Books, 12 and 12's, Grapevine magazines, etc.) to be used by any correctional facility/treatment facility committee for 12 Step distribution in Districts 70, 71, & 80.

A.A. Committee Meetings

Central Office/Intergroup provides space for A.A. committee meetings by reservation.

Special Events

Central Office/Intergroup sponsors workshops on topics of interest to A. A. members.

If any member has suggestions on how we at Central

Office/Intergroup can support you; the groups of District's 70, 71, and 80; better in following the Primary Purpose please call Central Office or email me at ncmco@bellsouth.net. Please put: 'Attention NCMCO Board Chair' in the subject line. Thank you.

In Love & Service,
Carl I., Chairman,
North Carolina Mountain Central Office Board

From time to time it has been necessary to reconstitute the telephone list. This is due to many reasons, among which are; AA's moving, changing phone numbers & inability to perform the duty. If the Central Office is not notified of changes, the list is quickly outdated and our ability to perform this vital service to the suffering alcoholic is lessened.

Even if you are already on the list, please fill out the attached form and return it to the Central Office. Once the list is assembled, we will contact everyone on the list at least once a month to reaffirm their information and ability to perform the duty.

Remember, this is your 12 Step Primary Purpose.

Thank You!

12-Step List Request

Please fill out the following information if you are interested in being placed on the Central Office 12-Step call list.

Full Name _____ Phone _____

Full Address _____ Phone Type _____

City _____ State _____ Zip _____

Times Available _____ Home Group _____

Sobriety Date _____ Any Restrictions _____

Call Jack at Central Office if you have any questions. 828-254-8539

Only your first name, last initial, phone number, restrictions, and times available will be listed on the published list.

ALL INFORMATION IS KEPT STRICTLY CONFIDENTIAL

Only answering service operators will be calling you with the number of the Alcoholic in crises.

You will make the call to the Alcoholic in crisis.

Your full address is needed for placement on the zone map.



May Birthdays

Asheville Big Book Step Study

Sarah C.	05/31/05	3 years
Jennifer E.	05/01/06	2 years

Asheville Grace Group

Mark M.	05/14/86	22 years
Michael R.	05/15/88	20 years
David L.	05/07/91	17 years
Anthony T.	05/15/98	10 years
Dewey F.	05/23/03	5 years
Ed H.	05/20/05	13 years
Debbie p.	05/18/06	2 years
Bill C.	05/20/07	1 year
Grace	05/29/07	1 year

Black Mountain

David A.	05/26/1980	28 years
Frank M.	05/16/1988	20 years
Roger.	05/13/2001	7 years

Blue Ridge Group-Flat Rock

Tony E..	05/18/1992	16 years
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Brevard-Sylvan Valley Group

George D.	05/13/81	27 years
Isabel L.	05/16/85	23 years
Linn B.	05/14/96	12 years
Linda M.	05/07/03	5 years
David H.	05/08/06	2 years
Dawn.	05/20/06	2 years

Conscious Contact

Michelle M.	05/31/88	20 years
Cari B.	05/23/90	18 years
Bill Y.	05/10/02	6 years
Kevin M.	05/14/06	2 years

Cumberland Group

Rusty M.	05/10/83	25 years
Lee R.	05/08/92	16 years

Hendersonville Group (March)

Irma D.		23 years
Deborah W.		21 years
Dawn C.		12 years

Hendersonville Group (April)

Micheline H.		28 years
Donna W.		28 years
Stuart R.		11 years

Serenity Service (April)

Nancy L.	04/15/85	23 years
Marianne N.	04/29/96	12 years
James F.	04/04/88	8 years
Rob M.	04/23/04	4 years
Lamont	04/26/04	4 years

Serenity Service (May)

David R.	05/21/77	31 years
Mark M.	05/14/86	22 years
Keith D.	05/05/05	3 years

Traditional Group

Roscoe	05/03/85	23 years
Eugene P.	05/11/91	17 years
Kathy H.	05/17/92	16 years
Bob K.	05/29/93	15 years
Brad B.	05/01/96	12 year
Jane A.	05/24/06	2 year
Johnny K.	05/26/06	2 year

Upward Group

Vee S.	05/20/79	29 years
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GROUP CONTRIBUTIONS 2008

	March	Total YTD		March	Total YTD
District 70				District 71	
Acceptance	50	532		Big Town	55 55
Asheville Big Book SS	0	21		Blue Ridge	25 40
Back to Basics	0	150		But for the The Grace of God	0 20
Burnsville	0	100		Edneyville	80 80
Chunns Cove Men's	0	180		Hendersonville	0 40
Conscious Contact	113	613		Hendersonville Happy Hour	160 160
Daily Decisions	0	118		Kanuga	22 45
Day By Day	370	370		Mid-Day	90 180
Fellowship	0	105		Mill Spring	0 25
Good Livers	0	49		Plan B	225 225
Grace	300	300		Principles	75 75
High Noon	45	45		Speed Bump	0 75
Leicester	25	25		Tryon Tuesday	150 150
Marion	25	25		Upward	0 30
Marshall	9	9		Subtotal District 71	827 1200
Mars Hill	200	200		District 80	
Recovery By the River	0	108		AWOL	14 14
Safe & Sound	200	200		Cashiers Valley	0 100
Serenity Seekers	0	50		Common Sense	60 150
Serenity Service	0	150		Mountainview	120 370
Six O'Clock Open	100	325		Murphy Big Book	0 40
Swannanoa Library	45	45		No Name	0 50
Traditional	0	125		No Place Like Home	0 34
West Asheville	80	80		Recovery by the River	0 108
Women of Grace	30	30		Sunshine	30 60
Subtotal District 70	782	3955		Sylva	126 126
				Subtotal District 80	334 702
				Individual Contributions	250 437
				Total Contributions	2294 6621

Our Primary Purpose

As you may have seen in this issue, we are updating the 12-Step list for the three Districts under Central Office. As usual, this is an ongoing task yet some of the signs leave a considerable gap in the individual AA's willingness to give back even just a little of what we have been so freely given. A significant number of crisis calls to the service have not had a response from an alcoholic because one could not be reached or the operators have had to call 12 to 20 numbers listed before they finally resorted to calling one of the last resort contacts on the list.

What has happened to our Primary Purpose? Do we have any gratitude left for our sobriety or do we feel that now that we are sober we don't have to care about the sick and suffering alcoholic any longer? Is this why our recovery numbers are dropping off the scale. Have we forgotten what it was like, how we felt with that black hole in our guts before we were given the gift of sobriety from our higher power? Is it too much trouble to be available to take a call from someone who could be at the moment of surrender and needs a little encouragement to get over the hump?

Is it time to look back to where we have come from and realize the gift we have been given, how much our lives have improved over time, and put that gratitude into action? Service work is the key to our survival and 12-Step work is the most important service work we can do. Remember that we are given a reprieve based on our spiritual condition. What condition is yours in?

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

