



MOUNTAIN DOIN'S

Central Office Newsletter



February 2009



Published by the North Carolina Mountain Central Office (Districts 70, 71, & 80)
206 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801
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\$\$\$ HELP YOUR CENTRAL OFFICE SAVE MONEY ON POSTAGE \$\$\$

If you'd like to receive the Mountain Doin's and Where & When by email in PDF format, please send your e-mail address to Liz or Martha at ncmco@bellsouth.net. Thanks!

District 70 Business Meeting

February 8th, 2:30pm

St. Luke's Episcopal Church, 219 Chunn's Cove Road, Asheville

District 71 Business Meeting

April 11th, 2009, 2:00pm

Location To Be Announced

District 80 Business Meeting*

***Note: NEW LOCATION—Jackson County Resource Center in the Old Rock School House**

1528 Old Webster Road

Webster, NC

April 19th, 2009, 1:30pm, Cherokee United Methodist Church

Central Office Representatives Meeting (C.O.R. Meeting)

Sunday, April 12th, 2:00pm,
Location To Be Announced

The **Mountain Doins** is your newsletter. Contributions of articles, photos, poems, and drawings or suggestions are most welcome. Please be sure to 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 Central Office if you're not sure how to send us your flyer. You can email Central Office at: ncmco@bellsouth.net. Please contact Liz G., our Office Manager, at: **828-254-0454** or **800-524-0465**.

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.

Central Office would like to ask for your help to spruce things up and help us make more efficient use of our space.



central Office Dream List



If you can donate or know of someone who could donate one of these items or services, please call Liz at Central Office, 828-254-8539, or email her at ncmco@bellsouth.net.

Also, please call Liz with a description and dimensions of the items you'd like to donate to ensure that we can actually use the items being donated.

Thanks! ☺

- **A new printer**
- **Serviceable, comfortable living room furniture**
- **Coffee table**
- **Some nice lamps**
- **Glass display case (to put a register on, hold small items inside of that we sell, etc.—like in a small store)**
- **Literature racks**
- **Someone to make some built-in shelves for literature that we sell**
- **CD player/radio**
- **Paint to brighten up the office**
- **Nice area rugs**
- **Someone to clean the wall-to-wall carpets that we have now**
- **A sign maker to make a sign for our door**
- **Nice, smaller, wood computer desk that has locking drawers**
- **Ergonomic office chairs (2)**
- **Curtains/drapes/or someone to make & hand drapes for the office (3 windows)**
- **CD thing, like they have in bookstores—so that people can preview the audio materials that we have for sale**
- **Mural painters**
- **Big wall mirror**
- **Slogan t-shirts (if you're a screen printer or know of one) to sell**
- **Small (maybe apartment-size) refrigerator with a separate freezer**
- **Small t.v. with a built-in dvd player**
- **VCR**

Western North Carolina Happenings



We're looking for you!

We are looking for volunteers for Central Office. This is a great opportunity to be of service and to keep AA going in our area! Please call Liz or Martha, email them at ncmco@bellsouth.net, or stop by and see them in person at Central Office during office hours: 10:00am - 1:00pm, Monday - Friday.

We would love to be able to bring literature to sick and suffering alcoholics within our area's correctional facilities... Please drop off any **SOFT COVER A.A. LITERATURE** to the Central Office between the hours of 10:00am - 1:00pm., Monday thru Friday. Thank you for helping to carry the message of A.A. to those in correctional facilities!

Please submit all anniversaries, meeting changes, and any submissions by the first day of the preceding month.

Items must be received by February 1st to be included in the March issue.

P.S. We are not receiving information from all of the groups in our area in enough time to make it into the Mountain Doin's. Don't let your important events, group anniversaries, individual member's anniversaries, A.A. related announcements and group changes be left out!!



District 70 Correc

Needs Your Help...

The Corrections Committee of District 70 will be meeting on **Wednesday, February 4th, 6:00pm, at Trinity Episcopal Church, Asheville (in the basement).**

We need your help to carry the message to sick and suffering alcoholics within the jails and prisons of District 70. Please attend the Corrections Committee meeting to see how you can be of help.

Also, we are in the process of starting a meeting at the new Swananoa Women's Prison and will need lots of female support!

Please feel free to bring a friend and/or a sponsee to the meeting.

Please call Eleanor D. with any questions. 828-606-6068

February Birthdays

Asheville Big Book Step Study

| | | |
|-----------|---------|---------|
| Chris L. | 2/23/04 | 5 years |
| Markus VL | 2/15/07 | 2 years |

Back to Basics Group

| | | |
|----------|---------|----------|
| James P. | 2/18/88 | 21 years |
| Dick M. | 2/25/80 | 29 years |
| Ralph M. | 2/3/77 | 32 years |

Blue Ridge Group at Flat Rock

| | | |
|------------|---------|----------|
| Norwood B. | 2/23/05 | 4 years |
| Tom K. | 2/25/87 | 12 years |

Cumberland Group

| | | |
|------------|---------|----------|
| Kristin W. | 2/20/92 | 17 years |
| Dan P. | 2/9/98 | 11 years |

Fletcher Group

| | | |
|------|---------|----------|
| Gary | 2/10/91 | 18 years |
|------|---------|----------|

Grace Group

| | | |
|------------|---------|----------|
| Mary F. | 2/1 | ? years |
| Chip T. | 2/14 | ? years |
| Seth C. | 2/26 | ? years |
| Lu P. | 2/10/07 | 2 years |
| Vanessa D. | 2/3/07 | 2 years |
| Jack D. | 2/12/86 | 23 years |
| Susan D. | 2/15/86 | 23 years |
| John W. | 2/28/86 | 23 years |
| Meghan J. | 2/26/88 | 21 years |
| Barbara B. | 2/8/02 | 7 years |
| Seth C. | 2/26/03 | 6 years |
| Chris W. | 2/20/04 | 5 years |
| Margery K. | 2/22/04 | 5 years |
| Mary B. | 2/10/81 | 28 years |
| Steve K. | 2/28/05 | 4 years |
| Carolyn D. | 2/16/03 | 6 years |
| Patrick S. | 2/12/05 | 4 years |
| Bill P. | 2/17/89 | 20 years |

Happy Hour Group

| | | |
|--------------|---------|----------|
| John W. | 2/6/05 | 4 years |
| Maureen McF. | 2/14/69 | 40 years |
| Phil R. | 2/12/86 | 23 years |

Hendersonville Group

| | | |
|----------|---------|----------|
| Craft S. | 2/19/80 | 29 years |
| Mike T. | 2/6/90 | 19 years |

Mid Day Group in Hendersonville

| | | |
|------------|---------|----------|
| Janice P. | 2/11/89 | 20 years |
| David H. | 2/8/06 | 3 years |
| JoAnne H. | 2/16/06 | 3 years |
| Jessica S. | 2/24/06 | 3 years |
| Tom K. | 2/23/87 | 22 years |
| Anne Y. | 2/14/01 | 8 years |
| Ruth B. | 2/15/74 | 35 years |
| Art I. | 2/15/92 | 17 years |
| Phil R. | 2/12/86 | 23 years |

Leicester Group

| | | |
|----------|---------|----------|
| Gene M. | 2/4/73 | 36 years |
| Mason C. | 2/19/99 | 20 years |

Serenity Service

| | | |
|------------|---------|----------|
| Tobie M. | 2/20/01 | 8 years |
| Harris B. | 2/24/06 | 3 years |
| Patrick H. | 2/11/07 | 2 years |
| Joanne W. | 2/6/96 | 13 years |
| Mike C. | 2/21/86 | 23 years |
| Nicole N. | 2/13/98 | 11 years |
| Darryl C. | 2/14/07 | 2 years |
| Keith B. | 2/15/91 | 18 years |
| Ed F. | 2/3/02 | 7 years |
| Robert W. | 2/8/08 | 1 year |
| Charlie G. | 2/5/08 | 1 year |
| Jimmy C. | 2/1/08 | 1 year |
| Michael V. | 2/1/08 | 1 year |
| Dottie J. | 2/10/08 | 1 year |
| Bob W. | 2/25/08 | 1 year |
| Keven M. | 2/28/05 | 4 years |
| Kristy E. | 2/15/05 | 4 years |
| Jaime S. | 2/21/07 | 2 years |

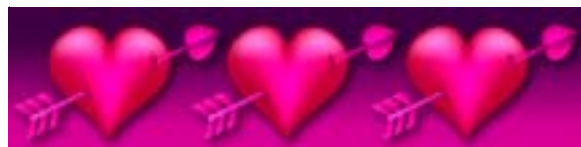
Traditional Group

| | | |
|--------------|---------|---------|
| Harmon J. | 2/24 | ? years |
| Richard H. | 2/14/05 | 4 years |
| Fran W. | 2/2/06 | 3 years |
| Christina K. | 2/29/08 | 1 year |

Upward Group

| | |
|--------|----------|
| Bobbie | 23 years |
| Amy D. | 2 years |

If you don't see your birthday listed and you have a birthday in February, please have your group's Central Office Representative contact us and we'll be sure to include you in the March issue.





Events F



Valentine Dance – District 80

February 14th, 2009

7:00pm – 11:00pm

Clyde Central United Methodist Church

410 Charles Street

Clyde, NC 28721

Finger Foods, Sodas, Coffee, DJ Music,
Oldies But Goodies, Fellowship, Your
Favorite Foods Needed

\$5.00 Singles

\$8.00 Couples

**Central Office Representatives
Meeting (C.O.R. Meeting,
“Intergroup Rep. Mtg.”)
Sunday, April 12th, 2009
2:00pm
(Location to be announced)**

38th Annual Gulf Coast Roundup – Love & Tolerance

February 6, 7, 8th, 2009

Fort Walton Beach, Florida

www.gulfcoastroundup.com

45th International Women’s Conference

Salt Lake City, Utah

February 12 – 15, 2009

www.internationalwomensconference.org

**Mail-in registration closes January 9,
2009*

Contact Lorna N. with questions at:

801-403-4455

Or by email at:

chair@internationalwomensconference.org

Practicing Principles Group 4th Anniversary

February 27th, 2009

6:00pm – 8:00pm

Sylva, NC

See District 80 Website:

www.aawnc80.org

A Vision For You

58th Kentucky State Convention

February 20 – 22, 2009

Crown Plaza Hotel

830 Phillips Lane (Formerly Executive
West)

Louisville, KY

(800) 626-2708

58kystateconvention@gmail.com

Area 51 Spring 2009 Committee Meeting

February 28 – March 1, 2009

Raleigh, NC

Freedom From Bondage XXI

Area 51 AA Corrections Conference

March 13 – 15, 2009

Days Inn (formerly Holiday Inn)

Southern Pines, NC

(800) 262-5737 for reservations

51st International Conference of Young People in Alcoholics Anonymous (ICYPAA)

May 21 – 24th, 2009

Atlanta Marriott Marquis, Atlanta,
Georgia

www.icypaahost.org or

info@icypaahost.org or

registration@icypaahost.org

Todd: 770-364-7765

Lauren: 404-444-4555

Walker: 678-768-5222

ASL Meetings Available

New Meetings & Changes

Nuevo Despertar meeting at **509 Louisiana Avenue** in West Asheville has meetings in **SPANISH** on **Monday-Wednesday-Friday at 8:00pm** (Open Discussion), **Saturday at 4:00pm**, and **Sunday at 7:00pm** (also both Open Discussion). Please call Jesus 828-545-3524 with any questions.



The Pathfinder Group in Black Mountain meets at 7:00pm on Saturday nights (not 8:00pm as is listed in the December Where & When). **Central Office does not have a contact phone number for the Pathfinder Group. Please call us to confirm your meetings times. THANKS!**

The Brevard Speed Bump Group that meets at St. Timothy United Methodist Church in Brevard has added a **Saturday** meeting at **12:00noon** (Open Discussion).

The 4th Dimension Group is a new group that meets at St. Luke's Episcopal Church, 219 Chunns Cove Road, Asheville, on **Thursdays** at **8:00pm**.

The Skyland Group meets on **Mondays** at the Skyland United Methodist Church, 1984 Hendersonville Road, Asheville, 28803, at **7:30pm**. (Closed, Big Book, No Smoking). Please call Kerry M. with questions at 828-681-1644.



The Lambda Group (GD) is actually an **OPEN** meeting, not a closed meeting as listed in the December Where & When.

The Last Chance Group is a new meeting at the First Step Farm, 215 Black Oak Cove, in **Candler** on **Wednesdays** at **8:00pm** (formerly the "1st Step Group"). Please call Chris F. at 828-665-7236 with any questions.

If you'd like to submit an article, joke, poem, comic strip, original artwork, or any other recovery related material, please send it to Martha P. at Central Office by



Phone Log & Activity For December 2008

AA Crisis.....4
General Info.....25
Family Help.....11
Meeting Info.....81
NCMCO Bus.....88
Medical Detox....0
Visitors.....75

Feelings of the Heart

Tom O.'s Favorite Quote

"Now I was starting to love myself because A.A.'s had unconditionally loved me until I could."
p. 335-6, Alcoholics Anonymous

Bob F.'s Words on Love

- Love is being appreciative of my spouse and family.
 - Love is being closer to my Higher Power.
 - Love is being kinder to myself in trying times.

Michaeline W.'s Favorite Quote

"Love and tolerance is our code."

John G.'s Words on Love

In reviewing my life, and moreover, in working the 12 Steps in my life, how well did I love?

Liz G.'s Thoughts on Love

I felt unconditional love for the first time after doing the 5th Step with my sponsor.
For the first time in my life, felt that God loved me, too.

CENTRAL OFFICE NEEDS YOUR HELP!!!

Are you looking for a way to do service?

A. A. in Western North Carolina needs your help!

**Here are two volunteer positions
that we need YOUR help with at Central Office:**

Communications Director

Are you experienced with graphics and publishing? Do you know how to use Adobe programs--especially, Pagemaker? Are you looking for a way to use your technical skills to help A.A.? We need your help to keep our area newsletter, The Mountain Doin's, as well as the most important item that Central Office produces and distributes--THE WHERE & WHEN--our meeting list for Western North Carolina.

Secretary

Can you type? Are you comfortable using a computer and know how to send emails? Do you know how to use a copy machine? Then Central Office needs your help! The Secretary takes minutes for COR and board meetings and then sends them to each of the groups in Western North Carolina. Please help us to get important information out to all of our groups!

**If you'd like to volunteer for either of these positions, please call
Liz or Martha at Central Office: 828-254-8539.**



Office Manager

Can you juggle lots of different tasks and keep your cool? Do you like to interact with people all day? Are you very proficient with QuickBooks, Pagemaker & other Adobe programs, such as Adobe Creative Suite, Microsoft programs, the internet, and other office technology? Are you comfortable making phone calls? Are you able to lift at least 25 pounds? Are you a good typist? If this sounds like you, Central Office is welcoming applications for a new Office Manager since Liz G. is moving to Maryland. This is a paid position. Please call Liz at Central Office if you're interested in applying for this position: 828-254-8539.



District 71 News

THE A.A. GROUP

...Where it all Begins

March 28, 2009

District 70 Event

Workshop begins at 1:00 and ends at 5:00

- Role of the GSR
- Developing the Group Conscience
- How to take a group inventory
- Traditions Play

There will be coffee and snacks provided

Trinity Episcopal Church – 60 Church Street, Asheville, NC

Corner of Church and Aston

Contacts: DCM – Brenda W. 275-8202 or
ALT. DCM- Bill C. 668-9861

New District 70 Officers

DCM – Brenda W.
 Alternate DCM – Bill C.
 CPC/PI – Dale L.
 Corrections – Eleanor D.
 Treatment – John P.
 Events – Ruthie C.

**The Treasurer & Secretary will rotate out next year.*

- Contact Joyce at 458-6977 to find out more about CPC/PI in District 71
- The District 71 Website is almost finished!
 - District 71 is looking for a Treatment Facilities Coordinator
- Polk County needs teleservice volunteers
 - Kirkland A. is the new District 71 Eatin' Meetin' Coordinator: 429-6651



Please contact Brenda W.,
District 70 DCM, for more information:
828-668-7618 or 828-275-8202

District 80 New

District 80 has just opened a Central Office in Murphy! Here's their contact information:

444 East Hill Street
Murphy, NC 28906
828-837-4440

aacom28906@verizon.net

Contact Jake R., Office Coordinator,
with any questions you may have...

Central Office has had several requests for "Bridge the Gap" help from inmates that will be getting out of our area's prisons in the near future. Please contact Central Office if you're interested in doing this type of service work: 828-254-8539.



GOODBYE!



To My Fellow AA's In Western North Carolina,

While it saddens me to move away from the beautiful people here in Western North Carolina, my husband has accepted a new job in Maryland and I will be leaving my position as Office Manager here at the North Carolina Mountain Central Office.

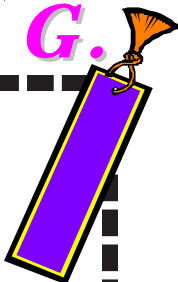
It has been an honor to be of service to you and the groups of A.A. in our beautiful Blue Ridge Mountains. The experience has deepened my love of A.A. and has given me more than I could have ever imagined.

Martha P., one of our trusted and loyal volunteers, will be the interim Office Manager starting on Monday, February 9th. She is very skilled and I know from working with her that she will do a great job. Be sure to call or stop in to meet Martha and to lend her your support.

Thank you again for the opportunity to be your Central Office Manager. I will miss you all!

In **LOVE** & Service,

Liz G.



Look what else we have available at Central Office...

- Meditation books in Espanol
- 2009 A.A. History Calendar, 2009 Pocket & Wall Calendars from the Grapevine
- New recovery greeting cards
- A large selection of literature in **LARGE PRINT!**
- Audio versions of some of our most popular books--including the Big Book & the 12 & 12
- Meditation C.D.'s
- Spanish meditation books (for men & for women!)
- Cool recovery stuff--mugs, magnets, t-shirts, stamps, bumper stickers, wallet cards, medallion keychain holders, & more!
- We even have a copy of the Big Book in **BRILLE...**



**PLEASE LET US KNOW OF ANY LITERATURE
OR OTHER ITEMS THAT YOU'D
LIKE TO SEE US CARRY AT CENTRAL OFFICE.**



NCMCO Financial News

| District 70 | December 2008 Contributions |
|---|-----------------------------|
| Back to Basics | 300.00 |
| Burnsville | 50.00 |
| Conscious Contact | 326.96 |
| Day by Day | 188.50 |
| Fellowship (Fletcher) | 69.39 |
| Good Livers | 126.36 |
| Leicester | 25.00 |
| Monday Night Open Meeting | 130.00 |
| Recovery by the River | 32.50 |
| Safe N Sound | 125.00 |
| Serenity Service | 50.00 |
| West Asheville | 40.00 |
| Subtotal District 70 | \$1,463.71 |
| District 71 | December 2008 Contributions |
| Fireside (former Mtn. View) | 100.00 |
| Happy Hour | 90.00 |
| Mid-Day Hendersonville | 98.00 |
| Plan B | 120.00 |
| Mid Day | 98.00 |
| Rountable | 30.44 |
| Seniors on Sobriety | 125.00 |
| Upward Group | 30.00 |
| Subtotal District 71 | \$691.44 |
| District 80 | December 2008 Contributions |
| Bryson City | 60.00 |
| Grace Group Waynesville | 1,000.00 |
| Hayesville | 30.00 |
| Hayesville Lunch Bunch | 25.00 |
| Murphy Big Book | 10.00 |
| Practicing Priniciples | 75.00 |
| Sunshine | 50.00 |
| Subtotal District 80 | \$1,250.00 |
| TOTAL DONATIONS FROM THE GROUPS IN DECEMBER 2008 | \$3,405.15 |

NCMCO Financial News

CONTRIBUTIONS & LITERATURE SALES

| Item | December 2008 |
|---|-------------------|
| Group Contributions (Totals for Dec. 08) | 3,405.15 |
| Anonymous & Individual Contributions | 300.00 |
| Literature & Chip/Medallion Gross Sales/Where&When's/Mtn.Doin's Subscriptions | 2,578.01 |
| TOTAL | \$6,283.33 |

CENTRAL OFFICE EXPENSES

| Item | December 2008 |
|--|-------------------|
| Office Supplies | 315.12 |
| Postage | 95.71 |
| Food & Supplies for Office Open House | 90.84 |
| Literature Supplies | 1,690.81 |
| Daniels Communication (Answering Service) | 359.46 |
| Rent | 420.00 |
| Phone/Long Distance/DSL | 463.14 |
| Image Solutions (Copier Lease) | 376.27 |
| Office Manager Payroll | 710.00 |
| NC Sales & Use Tax | 196.72 |
| TOTAL | \$4,718.07 |

DECEMBER 2008

**Number of Groups That Central Office Served
During December = 95**

**Number of Groups That Donated Contributions to
Central Office During December = 27**