

MOUNTAIN DOIN'S

Central Office Newsletter

MARCH 2009



Published by the North Carolina Mountain Central Office (Districts 70, 71, & 80)
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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 Martha at ncmco@bellsouth.net. Thanks!

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

WNC Area 51 Pre-Conference
A meeting with our Delegate & Alternate
Delegate before the Delegate goes to NY
next month.
March 22, 2009, 1:30 - 5:00PM
Black Mtn. Presbyterian Church, 117 Montreat Rd.

The AA Group... Where it all begins
District 70 Event
Workshop begins at 1:00 and ends at 5:00
Trinity Episcopal Church- 60 Church Street, Asheville

**Central Office
Representatives Meeting
(C.O.R. Meeting)**
Sunday, April 26th, 2:00pm,
First Presbyterian Church in Sylva

District 70 Business Meeting
Sunday, March 8th
2:30 PM @ St. Luke's Episcopal Church
219 Chunn's Cove Road



The **Mountain Doins** is *your* newsletter. Contributions of articles, jokes, poems, and any other material 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 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.

March Birthdays

Asheville Big Book Step Study

Liz G.	3/21/90	19 years
Eleanor D.	3/12/04	5 years
Terry G.	3/26/79	30 years

Back to Basics Group

Gary R.	3/05/00	9 years
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Blue Ridge Group at Flat Rock

Daniel A.	3/17/07	2 years
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Brevard/ Sylvan Valley Group

Peter U.	3/1/95	14 years
Dennis T.	3/04/07	2 years
Wanda Lu P.	3/06/07	2 years
Allison E.	3/15/07	2 years
Richard H.	3/17/81	28 years
Charles G.	3/19/86	13 years
Danny	3/21/07	2 years
Chris S.	3/31/96	13 years

Cumberland Group

Doug O	3/9/72	37 years
Thurman W	3/11/85	24 years
Aaron M	3/17/06	3 years
Eva R	3/18/08	1 year
Gillian M	3/20/08	1 year

Grace Group

Erin K.	3/5/08	1 year
Shari S.	3/8/02	7 years
Diane L.	3/12/05	4 years
Betsy C.	3/13/95	14 years
Jeremy F.	3/14/04	5 years
Dick J.	3/15/81	28 years

Mid Day Group in Hendersonville

Mark J	3/23/91	18 years
Charlie P	3/17/83	26 years
Judy T	3/07/05	4 years
Mike S	3/27/77	32 years
Art I	3/18/92	17 years

Claudia J	3/4/05	4 years
Dawn B	3/13/04	5 years
Bryan S	3/23/06	3 years

Serenity Service

Robert B	3/4/07	2 years
Krystal M	3/5/05	4 years
Cadie C	3/7/07	2 years
Ronal M	3/8/83	26 years
Kathleen F	3/10/06	3 years
Barbera W	3/11/08	1 year

Chris S	3/12/92	17 years
Auro M	3/13/07	2 years
Chris J	3/21/07	2 years
Michael G	3/24/07	2 years
Brad M	3/8/83	26 years
Von L	3/14/06	3 years
John G	3/8/06	3 years
Tyler K	3/1/08	1 year
Debbie K	3/15/08	1 year
Joshua B	3/2/08	1 year
Debbie W	3/30/08	1 year
Mike B	3/22/08	1 year
Chad M	3/14/08	1 year
David C	3/5/08	1 year
Susan B	3/12/08	1 year

Traditional Group

Kerry W	3/08/00	9 years
Billy L	3/21/02	7 years
Morin M	3/15/02	7 years
Keary H	3/14/06	3 years
Kenneth W	3/04/07	2 years
Athena G	3/06/06	2 years
Susanne V	3/07/08	1 year
Marge R	3/30/08	1 year
Samantha R	3/12/08	1 year

Upward Group

Fran E.	3/06/04	5 years
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Young People's Group

Eleanor D	3/12/04	5 years
Chris J	3/25/08	1 year
Daniel S	3/29/98	11 years



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

Central Office Volunteers

Volunteer Appreciation Meeting

April 18th, 2009 at 2:00 PM

At the Central Office

Room 206, 70 Woodfin Place, Asheville

Open to all Central Office volunteers- former, prospective, current and tele-service volunteers!

If you are a current Central Office volunteer in any capacity, or are interested in service opportunities available at the Mountain Central Office, please attend this event to discuss opportunities and changes in the office, and to meet other volunteers for food and fellowship.

We want to thank all of our current volunteers, both in the office and our dedicated 12-step list volunteers, for all you do for the AA community in Western North Carolina.

We are hoping to expand our office hours very soon and will need volunteers in order to do so- if you have afternoon or evening hours available we would love to talk to you!

Anyone interested in the tele-service is also encouraged to attend the meeting. We will have tele-service guidelines available if you are curious about how the service works and what role the volunteers play. Current tele-service volunteers please come to meet other volunteers and give us your valuable insight into the service and discuss how we might streamline and improve its operation!

Meeting Changes

The Friday night 7:00PM **Young People's Meeting** is now a Beginner's Meeting

The **Nuevo Despertar Group** has new meeting location and times:

Monday, Wednesday, Friday and Saturday at 8:00PM

16 Ridgelawn Road, Next to the WNC Community Health Clinic

(Lunes, Miercoles, Viernes y Sabado a 8:00 PM)

16 Ridgelawn Road, A un lado de la WNC Clinica de Salud)

There is no longer a Sunday night Spanish speaking meeting

The **Monday and Thursday** night meetings of the **Black Mountain group** have changed from **8:00PM to 7:00PM**.

Starting **March 7th** the **Pathfinders group in Black Mountain** will be meeting at **10:00AM**. This will replace the evening meeting, and there will no longer be an evening meeting in Black Mountain on Saturdays.

The **Speed Bump Group in Brevard** has added a **12:00PM meeting on Saturday** to be held at St. Timothy's United Methodist Church on the Asheville Highway.

The **Sisters in Sobriety** meeting in **Spruce Pine** is now meeting at Trinity Episcopal Church, 271 Hemlock Ave, **Tuesday nights at 5:30**.

The **Sunday 8:00PM Pine Grove meeting in Spruce Pine** is now held at Pine Grove Methodist Church on Mullin Hill Road.

Central Office Profit and Loss

January, 2009

Income

Group Contributions: \$1,823.19

Individual Contributions: \$100

Sales Income: \$2,027.60

Gross Profit: \$3,950.79

Expenses

Answering Service: \$250.64

Other Telephone: \$288.10

Rent: \$420.00

Payroll: \$710.00

Literature, Chips, Medallions: \$1,145.08

Postage: \$130.50

Copier Costs: \$219.79

Maintenance: \$0

Supplies: \$0

Fees, Consultant, Legal: \$180.00

Total Expense: \$3344.11

Net Income: \$606.68



Phone Log

January, 2009

A.A. Crisis: 1

General Information: 17

Family Help: 6

Meeting Information: 69

Central Office Business: 125

Medical Help/Detox, Hospital, Etc.: 2

Visitors: 91

A request from a tele-service volunteer: If anyone has any information on low- cost or free emergency animal boarding for people in crisis please call the Central Office.

Group Contributions

Group	Jan	YTD	Group	Jan	YTD
4 th Dimension	\$40	\$40			
Acceptance	\$.11	\$.11			
Against All Odds			Maggie Valley		
Andrews			Maple Grove		
Ash. Big Book Step Study			Marion AA		
AWOL			Mars Hill		
Back to Basics			Marshall		
Bethel Up the River			Men's Attitude Adjust.		
Big Town	\$91.24	\$91.24	Mid-Day	\$75	\$75
Black Mtn.			Mill Spring	\$20	\$20
Blue Ridge	\$20	\$20	Mission of Sylva		
Brevard Serenity	\$150	\$150	Monday Night Open		
Brevard Sylvan Valley			Mountain View		
Bryson City			Mountainside		
Burnsville			Murphy Big Book	\$10	\$10
Candler KISS			New Day		
Cashiers Valley			New Hope		
Chunn's Cove Men's	\$175	\$175	No Name		
Clyde			No Nonsense		
Columbus			No Place Like Home		
Common Sense Group	\$29.86	\$29.86	Nuevos Amigos		
Conscious Contact Ash.	\$197.77	\$197.77	Nuevos Despertar		
Conscious Contact Saph.			Old Fort		
Cullowhee Valley			Pathfinders		
Cumberland			Pisgah		
Daily Decisions	\$335.39	\$335.39	Plan B		
Day by Day	\$240.85	\$240.85	Practicing Principles		
Dry Dock			Principles		
Early Bird			Recovery By The River		
Edneyville			Renacimiento		
11-11-11			Roundtable		
Fellowship			Safe & Sound		
Fireside			Second Chance		
Fletcher	\$1.73	\$1.73	Serenity- Waynesville		
Franklin			Serenity Seekers- Marion		
Friday Women's			Serenity Service	\$50	\$50
Good Livers			Sisters in Sobriety		
Grace of Asheville			Speed Bump		
Grace of Waynesville			Spruce Pine		
Hand in Hand			Steppin' Up		
Happy Hour			Sunshine		
Hayesville			Sylva		
Hayes. Lunch Bunch			Three Alarm	\$30	\$30
Hendersonville			Thurs. Afternoon Women's		
High Noon			Total Surrender		
Hilltop			Traditional		
Hot Springs			Tryon Thurs.		
Joy of Living			Tryon Tues.		
Kanuga			Tuesday Night Men's		
Lambda			Upward		
Ledger			West Asheville	\$100	\$100
Leicester			Women of Courage	\$100	\$100
Library			Women of Grace		
Log Cabin			Young People's	\$130.34	\$130.34
Lunch Bunch-Sylva					

Please Note:

Donations are allocated by the month in which they are received. If your January donation was received in February, it will be noted as a donation received in February.

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
the Central Office: 828-254-8539.



Central 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.

This is a paid position.

Please call the Central Office if you're interested in applying for this position: 828-254-8539.

Events Page

Central Office Representatives Meeting (C.O.R. Meeting, "Intergroup Rep. Mtg.")
Sunday, April 26th, 2009
2:00pm
First Presbyterian Church in Sylva- 46 Presbyterian Drive

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

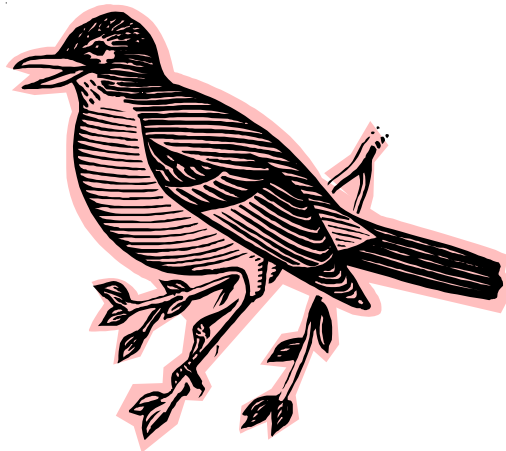
51st International Conference of Young People in Alcoholics Anonymous (ICYPAA)
May 21 – 24th, 2009
Atlanta Marriott Marquis, Atlanta, Georgia
www.icypaahost.org or
info@icypaahost.org or
registration@icypaahost.org
Todd: 770-364-7765
Lauren: 404-444-4555
Walker: 678-768-5222
ASL Meetings Available

14th Annual Indians in Sobriety Camp-Out
April 30th – May 3rd
KOA Campground, Big Cove Rd,
Cherokee
Contact: sobergirl193@hotmail.com
Or Herb: (828)497-7103

Area 51 Spring 2009 Committee Meeting
February 28-March 1, 2009
Raleigh, NC

Area 51 Assembly Spring, 2009
May 15-17 2009
All GSRs please plan to attend
Please see the "events" page at
www.aanorthcarolina.org

Central Office Volunteer Appreciation Meeting
Saturday, April 18th at 2:00 PM
206 Park Place Office Building
70 Woodfin Place, Asheville
Please call (828)254-8539 for info.



Would you like a subscription to *Mountain Doin's*?

Contact Martha P. at Central Office: 828-254-8539 or ncmco@bellsouth.net.

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

Please give us your

Group or Individual Name _____

Street/P.O. Box No. _____

Town, State 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