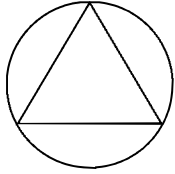


AUGUST 2009



Published by the North Carolina Mountain Central Office (Districts 70, 71, & 80)
NCMCO 206 Park Place Offices, 70 Woodfin Place Asheville, NC 28801
Phone: (828) 254-8539 Email: ncmco@bellsouth.net
www.ashevilleaa.org www.district71inc.org www.aawnc80.org
OFFICE HOURS: 10:00AM—1:00PM, Monday thru Friday (closed major holidays)

\$\$\$ 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 ncmco@bellsouth.net. Thanks!

DISTRICTS 70, 71 & 80 AA SERVICE RALLY

You are invited to join us for speakers **Jerry W. & Richard P.** of Raleigh, NC. There will also be panels, an "Ask-It-Basket", and fellowship aimed at expanding awareness and sharing of information regarding AA outreach into Correctional Facilities, cooperation with the Professional Community, Public Information and Treatment Facilities.

10:00am-2:00pm
Saturday August 22, 2009
Fried Chicken Lunch Provided
Trinity Episcopal Church (basement)
60 Church Street, Asheville
(corner of Church & Aston)

Directions:

From the East: Take I-40W to I 240, take Exit 5A. Turn left at light onto Merrimon Ave (Rte 25S) Go 0.5 mi and take right onto Aston St. Go 0.1 mi. Trinity Church is on the left

From the West: Take I-26 W to I-240 E, take Exit 4B (Downtown/Patton Ave) From the first light go 0.6 mi. Take a right onto Church Street. Trinity Church is 0.1 mi on left.

The **Mountain Doin's** 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 members' anniversaries including the date. (Note--we don't keep them from year to year.) **The deadline for submissions is the first of the month prior to the issue month.** For example, the cutoff for the June issue is May 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.

NCMCO Board of Directors
NEEDS YOUR HELP!!!

NCMCO Board Secretary *Still* Needed

The Secretary takes minutes for COR and board meetings and then sends them to each of the groups in Western North Carolina. You will be a voting member of our Board of Directors.

Please help us to get important information out to all of our groups!

**If you'd like to volunteer for this position,
please call the Central Office: 828-254-8539**



Central Office Phone Log *JUNE 2009*

A.A. Crisis: 5
General Information: 9
Family Help: 8
Meeting Information: 57
Central Office Business: 38
Referrals for Medical Help, Detox,
Hospital, Etc.: 0
Visitors: 61

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.



Central Office Profit and Loss *June 2009*

Sales Income	
Conf/GV Approved	\$2,121.20
Non-Conf/GV-approved	\$524.05
Shipping & Handling	\$30.16
Total Sales Income	<u>\$2,675.41</u>
Other Income	
Group Contributions	\$1,408.86
Individual Contributions	\$300.93
Total Other Income	<u>\$1,716.79</u>
Total Income	<u>\$4,392.20</u>
Cost of Goods Sold	
Non Conf/GV Approved	\$276.28
Conf/GV Approved	\$1,703.12
Other	\$59.19
Total COGS	<u>\$2,038.59</u>
Gross Profit/Loss	<u>\$2,353.61</u>
Expenses	
Copier Rental	\$324.60
Office Supplies	\$48.34
Payroll Expenses	\$720.76
Postage	\$46.58
Rent	\$870.00
Sales Tax	\$220.50
Answering Service	\$369.85
Internet and Telephone	\$641.77
Total Expenses	<u>\$3,242.40</u>
Net Income	<u>-\$888.79</u>
Working Capital	
Savings	4088.47
Checking	1216.36
Petty Cash	<u>150.00</u>
Total	5404.83

Group Donations



Group	June	YTD	Group	June	YTD
Acceptance Group		\$630.31	Log Cabin		
Against All Odds			Lunch Bunch-Sylva		
Andrews			Maggie Valley		
Ash. Big Book Step Study		\$78.33	Maple Grove		
AWOL		\$10.00	Marion AA		
Back to Basics	\$200.00	\$350.00	Mars Hill		\$150.00
Bethel Up the River			Marshall		\$50.00
Big Town	\$30.71	\$121.95	Men's Attitude Adjust.		
Black Mtn. Group		\$85.00	Mid-Day	\$48.00	\$395.35
Blue Ridge		\$45.00	Mill Spring		\$45.00
Brevard Serenity		\$150.00	Mission of Sylva		\$50.00
Brevard Sylvan Valley			Monday Night Open		\$112.94
Bryson City			Mountain View		\$180.00
Burnsville	\$50.00	\$100.00	Mountainside		
Candler KISS		\$150.00	Murphy Big Book		\$30.00
Cashiers Valley		\$201.40	New Day		
Chunn's Cove Men's		\$175.00	New Hope		
Clyde	\$75.00	\$75.00	No Name		
Columbus		\$25.00	No Nonsense		
Common Sense Group	\$41.38	\$130.62	No Place Like Home		
Conscious Contact Ash.		\$949.77	Nuevos Amigos		
Conscious Contact Saph.			Nuevos Despertar		
Cullowhee Valley			Old Fort		
Cumberland		\$50.00	Pathfinders	\$32.52	\$32.52
Daily Decisions		\$335.39	Pisgah		
Day by Day		\$552.08	Plan B		\$150.00
District 71 CFC		\$100.00	Practicing Principles	\$115.00	\$190.00
Dry Dock			Principles		\$4.47
Early Bird		\$407.70	Recovery By The River	\$42.00	\$107.65
Edneyville	\$20.00	\$40.00	Renacimiento		
11-11-11			Roundtable		
Fellowship		\$312.90	Safe & Sound		
Fireside	\$150.00	\$150.00	Second Chance		
Fletcher		\$1.73	Serenity- Waynesville		
Fourth Dimension		\$40.00	Serenity Seekers- Marion	\$73.00	\$113.00
Franklin			Serenity Service	\$50.00	\$300.00
Friday Women's			Sisters in Sobriety		
Good Livers	\$205.00	\$305.00	Six O'Clock Open Group		\$133.07
Grace Grp Asheville		\$400.00	Speed Bump		\$100.00
Grace Grp Waynesville			Spruce Pine		\$50.00
Grace of God		\$20.00	Steppin' Up		
Hand in Hand		\$200.00	Sunshine		\$50.00
Happy Hour		\$150.00	Sylva		
Hayesville			Three Alarm		\$60.00
Hayes. Lunch Bunch			Thurs. Afternoon Women's		
Hendersonville	\$20.00	\$40.00	Total Surrender		
High Noon			Traditional	\$150.00	\$150.00
Hilltop			Tryon Thurs.		
Hot Springs			Tryon Tues.		
Joy of Living		\$94.97	Tuesday Night Men's BB		\$31.14
Kanuga		\$67.50	Upward		
Lambda	\$22.50	\$172.50	West Asheville		\$100.00
Ledger			Women of Courage		\$278.00
Leicester		\$50.00	Women of Grace	\$30.00	\$30.00
Library		\$35.00	Young People's Group		\$130.34
Locked in Forward		\$40.00			

August Birthdays

Asheville Big Book Step Study

Harry S.	8/6/84	25 years
Lee W.	8/17/91	18 years
Mary T.	8/21/87	22 years

Back to Basics Group

Pete M.	8/8/83	26 years
Diane M.	8/9/93	16 years

Blue Ridge Group

Don F.	8/18/71	38 years
John G.	8/19/90	19 years

Conscious Contact Group

Leslie S.	8/3/08	1 year
Jason I	8/4/06	3 years
Sue D.	8/6/90	19 years
Wayne F.	8/11/84	25 years
Jane A.	8/16/04	5 years
Rita V.	8/17/92	17 years
Ziggy S.	8/21/02	7 years
Bobbi K.	8/18/94	15 years

Cumberland Group

Lynda M.	8/6/85	24 years
Bob R.	8/7/83	26 years
Wilson D.	8/8/08	1 year
Chuck R.	8/11/05	4 years
Dunlap R.	8/21/05	4 years
Tom H.	8/23/05	4 years
Kerry V.	8/31/05	4 years

Fletcher Group

Kari K.	8/20/87	22 years
---------	---------	----------

Grace Group

Beth H.	8/1/08	1 year
Bobby E.	8/2/98	11 years
Brad S.	8/2/01	8 years
Andrew C.	8/4/08	1 year
Rick S.	8/4/02	7 years
Tom W.	8/5/80	29 years
Sue T.	8/6/03	6 years
Ray S.	8/7/06	3 years
Le'Ann M.	8/8/08	1 year
Jen L.	8/8/08	1 year
James M.	8/15/02	7 years
Laura C.	8/15/05	4 years
Nancy	8/19/07	2 years
Terri B.	8/22/08	1 year
Elizabeth H.	8/23/06	3 years
Brent R.	8/25/00	9 years
Wendy S.	8/30/06	3 years

Hendersonville Group

Carol P.	8/11/94	15 years
Greg B.	8/18/08	1 year

Mid Day Group in Hendersonville

Bob I.	8/1/05	4 years
Mark M.	8/5/95	14 years
Wayne A.	8/8/80	29 years
Bill J.	8/19/79	30 years
Charlene O.	8/20/84	25 years
Bob P.	8/21/05	4 years
Ed L.	8/31/89	20 years

Traditional Group

Donna Lee R.	8/1/05	4 years
Kenneth W.	8/7/96	13 years
Richard T.	8/7/84	25 years
Herb C	8/11/83	26 years
Danny S.	8/12/06	3 years
Billy H.	8/14/87	22 years
Susan D.	8/15/00	9 years
Wayne B.	8/16/05	4 years

Upward Group

Debbie R.	8/22/02	7 years
-----------	---------	---------



Please send us your birthday announcements one month prior to the anniversary date. The deadline for October Birthdays is Sep 1. We don't keep them from year to year so you must send them in for each year. Email to NCMCO@bellsouth.net

MEETING CHANGES

Flat Rock: Sat. 7:30AM Early Bird Group,
St. John's in the Wilderness Ch.
1895 Greenville Hwy. (OD)

FALL MOUNTAIN HOUSECLEANING

Spiritual Retreat for
A.A. & Al-Anon Members

Excellent Speakers
Old-Timer Panel
Small Break Out Meetings
“Circle of Love”

Workshops
Lots More Activities

Hinton Rural Life Center
Hayesville, NC

(Between Murphy & Franklin on
US 64 on Lake Chatuga)

October 1-4 2009

Registration by Snail Mail or On-Line

www.fallmountainretreat.com

(727) 585-7089

12th Step Call Play

Live Performance &
Panel Discussion

Put on by District 71

Sat. August 1, 2009
Mt. Pisgah Lutheran Church
Hendersonville

Hwy. 64 E.

Church is located 1/2 mile on right
from I-26 Hendersonville Exit

Play @2:00 PM

Snack & Fellowship Break @ 3:00

Open Panel Discussion @ 3:30 PM

*Coldcut Tray & Drinks Provided
Please Bring Chips, Cookies, Snacks
This is an Open Meeting*

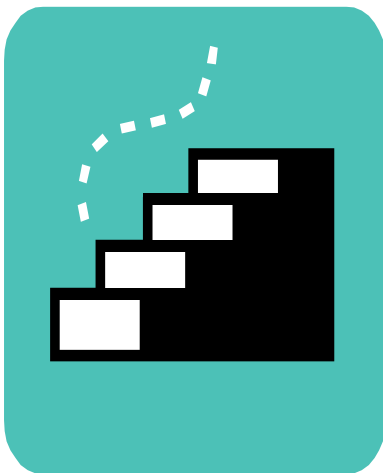
Contact:

Kirkland A. 828-489-9026

Karen M. 828-577-6087

4th Step Workshop Well Attended

Attendance Hit 155



Saturday, July 11, dawned bright and warm. By 8 a.m., members of the Asheville Big Book Step Study Group were re-arranging banquet tables and cooking up a storm at the Emma United Methodist Church. At 10am, the 4th Step Workshop began, with an overflow crowd that included folks from as far away Ocala, Naples, and Palm Beach County, Florida; Sandwich, Cape Cod, Massachusetts; and Cincinnati, Ohio. There were lots and lots of local A.A.s, too.

Nine speakers shared their experience on working the resentment, fear, and sex conduct portions of the 4th step as described in the Big Book. Midway through, we all enjoyed grilled chicken, sausage and peppers, fresh green salads and side dishes, and plenty of dessert, coffee, and soft drinks. The event wrapped up just after 2 o'clock, and a rain-storm broke only after most everyone had already gotten back on the road. We're grateful for the tremendous feeling of fellowship and spiritual purpose we felt in the rooms that day!

—Submitted by Suzanne T.

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

Contact Central Office: (828) 254-8539 or ncmco@bellsouth.net

Mountain Doin's Annual Subscriptions:

Groups:

2 copies mailed monthly

No charge

Pick up from Central Office

Deliver by mail

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, State and Zip Code _____

Amount enclosed _____

North Carolina Mountain Central Office
206 Park Place Offices
70 Woodfin Place
Asheville, NC 28801

Address correction requested
Town and Zip Code