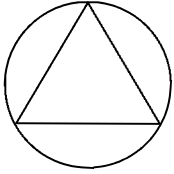


MOUNTAIN DOIN'S

Central Office Newsletter

SEPTEMBER 2009



Published by the North Carolina Mountain Central Office (Districts 70, 71, & 80)
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www.ashevilleaa.org www.district71nc.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!

Did someone say FUN? Let's Do It!



It's important to have fun in sobriety so I have taken the liberty to include announcements from related organizations offering fun events where AA's and their friends and family members can join together in a safe environment without the temptation of alcohol or drugs. We are not a glum lot after all!

AA's singleness of purpose is, of course, not about promoting these organizations nor placing their importance over AA's mission. But this newsletter is really the best way to get the word out to the entire region about fun things to do that other AA's are putting on for our enjoyment. If AA was only about business meetings and step study meetings, it would not be that appealing. The best AA meetings I walk away from are ones in which we laughed—A LOT! Laughter is so healing.

This newsletter is pretty dry reading without articles and cartoons from you. We would love to have your stories about how AA is working in your life. "The Grapevine" is a wonderful magazine that creates a forum for AA's across the country and even around the world to connect with each other and read about what we have in common. It would be so amazing to have people sharing here in the pages of the *Mountain Doin's* about their struggles and triumphs, inspiring AA's in our own region to stay sober—one day at a time. Please let us hear from you at NCMCO@bellsouth.net

-Camille V, *Mountain Doin's* Editor



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 JULY 2009

A.A. Crisis: 2
General Information: 12
Family Help: 4
Meeting Information: 66
Central Office Business: 32
Referrals for Medical Help, Detox,
Hospital, Etc.: 0
Visitors: 75

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 July 2009

Income	
Sales Income	
Conference Approved	1041.55
Non-Conference Approved	960.83
Sales Tax, S&H	186.07
Total Sales Income	<u>2188.45</u>
Other Income	
Group Contributions	2513.46
Individual Contributions	104.03
Total Other Income	<u>2617.49</u>
Total Income	<u>4805.94</u>
Cost of Goods Sold	
Conference Approved	-881.10
Non-Conference Approved	-526.29
Total Cost of Goods Sold	<u>-1407.39</u>
Gross Profit Loss	<u>3398.55</u>
Expense	
Freight	66.17
Editor	100.00
Copier Rental	149.30
Office Supplies	98.00
Payroll Expenses	710.75
Postage	195.67
Rent	0.00
Sales Tax	178.68
Answering Service	881.04
Internet and Telephone	563.92
Net Income	<u>456.81</u>
Working Capital	
Savings	4588.47
Checking	2414.43
Petty Cash	150.00
Total	<u>7152.90</u>

Group Donations



Group	July	YTD	Group	July	YTD
Acceptance Group	\$231.41	\$861.72	Locked in Forward		\$40.00
Against All Odds			Log Cabin		
Andrews			Lunch Bunch-Sylva		
Ash. Big Book Step Study		\$78.33	Maggie Valley		
AWOL		\$10.00	Maple Grove	\$104.69	\$104.69
Back to Basics		\$350.00	Marion AA		
Bethel Up the River			Mars Hill	\$80.00	\$230.00
Big Town	\$87.74	\$209.69	Marshall		\$50.00
Black Mtn. Group		\$85.00	Men's Attitude Adjust.		
Blue Ridge	25.00	\$70.00	Mid-Day	\$55.45	\$450.80
Brevard Serenity		\$150.00	Mill Spring		\$45.00
Brevard Sylvan Valley			Mission of Sylva		\$50.00
Bryson City	\$80.00	\$80.00	Monday Night Open	131.85	\$244.79
Burnsville		\$100.00	Mountain View		\$180.00
Came To Believe	\$50.00	\$50.00	Mountainside		
Candler KISS		\$150.00	Murphy Big Book	\$10.00	\$40.00
Cashiers Valley	96.80	\$298.20	New Day		
Chunn's Cove Men's		\$175.00	New Hope		
Clyde		\$75.00	No Name		
Columbus	\$125.00	\$150.00	No Nonsense		
Common Sense Group	\$46.12	\$176.74	No Place Like Home		
Conscious Contact Ash.	\$306.20	\$1,255.97	Nuevos Amigos		
Conscious Contact Saph.			Nuevos Despertar		
Cullowhee Valley			Old Fort		
Cumberland	\$270.00	\$320.00	Pathfinders		\$32.52
Daily Decisions		\$335.39	Pisgah		
Day by Day		\$552.08	Plan B		\$150.00
District 71 CFC		\$100.00	Practicing Principles		\$190.00
Dry Dock			Principles		\$4.47
Early Bird	\$250.00	\$657.70	Recovery By The River		\$107.65
Edneyville		\$40.00	Renacimiento		
11-11-11			Roundtable	\$147.50	\$147.50
Fellowship		\$312.90	Safe & Sound		
Fireside	\$100.00	\$250.00	Second Chance	\$33.30	\$33.30
Fletcher		\$1.73	Serenity- Waynesville		
Fourth Dimension		\$40.00	Serenity Seekers- Marion		\$113.00
Franklin			Serenity Service	\$50.00	\$350.00
Friday Women's			Sisters in Sobriety		
Good Livers		\$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	\$50.00	\$250.00	Sunshine		\$50.00
Happy Hour		\$150.00	Sylva		
Hayesville			Three Alarm	\$30.00	\$90.00
Hayes. Lunch Bunch			Thurs. Afternoon Women's		
Hendersonville	\$20.00	\$60.00	Total Surrender	\$20.00	\$20.00
High Noon			Traditional		\$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	\$30.00	\$30.00
Lambda		\$172.50	West Asheville		\$100.00
Ledger			Women of Courage		\$278.00
Leicester		\$50.00	Women of Grace		\$30.00
Library		\$35.00	Young People's Group	\$82.40	\$212.74

AREA BIZ MEETINGS

District 70 Business Meeting

2nd Sunday, September 13, 2:30pm
Eating meeting first, bring dish to share
St. Luke's Church
219 Chunns Cove Rd, Asheville

District 71 Business Meeting

Saturday Oct 3, 2009
Biz Meeting 2:00
Speaker 4:00
Potluck Dinner: 5:00
Etowah United Methodist Church
(open to all Dist 71 AA Members)

Dist 80 Business Meeting

Sunday Sept. 27, 2009 1:30-4:30pm
Please come to support ELECTIONS
Jackson County Family Resource Ctr
Rte 116 in Webster, NC

Also coming up, October 9-11
Fall Assembly (all GSR's)

QUARTERLY C.O.R. MEETING

The next COR (Central Office Rep) meeting
Sunday October 25 @ 2:00 pm
Mt. Pisgah Lutheran Church in Hendersonville
on Hwy 64E past Howard Gap Rd.
(main H'ville exit off I-26) 1 mi down on the right

Central Office Clearance Sale



Central Office has a small assortment of non-AA items that were purchased from a major chain bookstore's close-out sale by the previous office manager. We have journals, bookmarks, book lights, address books and other interesting items that we are offering at ½ price (exactly what we paid for them). Please come into Central Office and take a look around!



On a related matter...

AA World Services has instituted price increases on the Big Book as well as other publications. We've had no choice but to go up on our prices as well. For example, the hardcover Big Book is now \$8.25. That book had the biggest increase, the other books only went up about \$1.00.

MEETING CHANGES

NEW Hayesville Monday Noon Group. Mondays, 12noon, First United Methodist Church, 989 Hiawasse St. (Downtown), Hayesville, NC. (C,SS,Trad).
Contact Diane H. (706) 970-9324

Format Change: Brevard Principles Group 6:30 pm Tuesday and Friday Meetings at Selica Methodist Church are now Open Discussion (OD) not Closed Step Study (CSS)

September Birthdays

Asheville Big Book Step Study

Mary M. 9/20/98 11 years

Back to Basics Group

Jeff G. 9/6/89 20 years

Cate M. 9/25/82 27 years

Blue Ridge Group

Tom H. 9/5/90 19 years

Conscious Contact Group

Mary C. 9/3/87 22 years

Norman P. 9/4/08 1 year

Casey S. 9/11/00 9 years

Murri 9/12/84 25 years

Mark W. 9/15/06 3 years

Janice N. 9/24/75 34 years

Steve L. 9/24/88 21 years

Nelson P. 9/30/97 12 years

Cumberland Group

Sean B. 9/24/08 1 year

John S. 9/28/07 2 years

Michael P. 9/27/08 1 year

Tadd C. 9/27/87 22 years

Fletcher Group

Mark W. 9/15/06 3 years

Robert G. 9/15/08 1 year

Miliam W. 9/28/90 19 years

George D. 9/30/89 20 years

Grace Group

Jon B. 9/1/03 6 years

Elizabeth B. 9/1/90 19 years

Don B. 9/2/90 19 years

Phillip C. 9/4/07 2 years

Shari D. 9/11/07 2 years

Katie P. 9/15/06 3 years

Dave M. 9/17/96 13 years

Tim R. 9/17/07 2 years

John M. 9/18/02 7 years

Audrey Y. 9/21/02 7 years

Colleen M. 9/21/01 8 years

Nat C. 9/26/89 10 years

Vivian G. 9/26/86 23 years

Bill E. 9/30/94 15 years

David C. 9/30/05 4 years

Happy Hour Group, Hendersonville

Randall D. 9/11/04 5 years

Persis C. 9/17/05 4 years

Frank B. 9/27/89 20 years

Paul E. 9/27/04 5 years

Maude 9/28/06 3 years

Hendersonville Group

Ike F. 9/1/07 2 years

Ray D. 9/11/99 10 years

Oscar F. 9/20/95 14 years

Mid Day Group in Hendersonville

Ann F. 9/5/92 17 years

Thomas H. 9/11/04 5 years

Cherie K. 9/11/06 3 years

Anne M. 9/14/79 30 years

Peki C. 9/16/05 4 years

Paul E. 9/27/04 5 years

Traditional Group

JR C. 9/1/07 2 years

Marka A. 9/4/06 3 years

John E. 9/7/99 10 years

Damian D. 9/13/08 1 year

Mark H. 9/16/07 2 years

Josh W. 9/17/08 1 year

Alan D. 9/20/06 3 years

Steve L. 9/24/88 21 years

Roy M. 9/25/98 11 years

John S. 9/28/08 1 year

Women of Grace

Cleta S. 9/03/95 14 years

Trisha S. 9/04/08 1 year

Susan P. 9/06/08 1 year

Ruthie C. 9/14/91 18 years



Please send us your birthday announcements at least one month prior to the anniversary date. You may send in several months at a time. The deadline for November Birthdays is Oct. 1. We don't keep them from year to year so you must send them in for each year. Email to NCMCO@bellsouth.net

District 80

Highlands Eating Meeting

*Sponsored by the
Mountain View Group and the
Cashiers Valley Group*

Sunday Sept 20, 2009

2-3PM Eating Meeting

**Meat and Drinks Provided,
Please Bring a Side Dish**

3:30PM Speaker TBA

Highlands Conference Center
Hwy 64 E next to Softball Field

Contact Steve (828) 200-9824
for more info

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



SobrietyAtSea.com presents

17th Annual

Eastern Caribbean Adventure

January 10, 2010

Starting at \$399/person plus fees

7 night cruise departing from

Port Everglades, FL in Ft. Lauderdale

Ports of call:

St Thomas, San Juan and Grand Turk

BOOK SOON!! For more info, visit

www.SobrietyAtSea.com

Email Bob@cruiseland.com

Call 1-866-946-2732



District 70 Eating Meeting

Sunday September 20th



Eating @ 4:00pm
Speaker @ 5:00pm

Sponsored by



Young People's Group and Cumberland Group

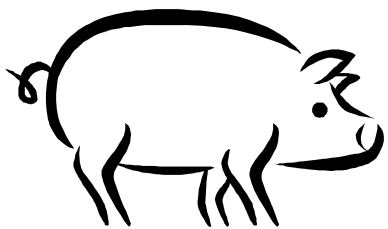
St. Paul's Methodist Church

(Near Hillside and Merrimon, across from Claxton Elem.)

*Meat and Beverages Provided

*Please Bring a side dish or dessert to share

FIRST STEP FARM FOR MEN Annual Community Appreciation



Pig Pickin'

September 19, 2009

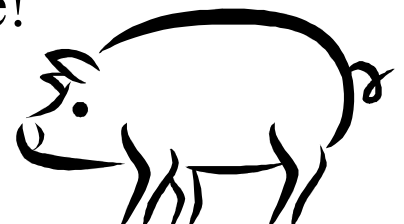
Noon til 3:00pm

Free Event Open to All

Men and Women Welcome!

(Donations accepted and are tax-deductible)

25 Black Oak Cove Rd
Candler, NC



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 _____

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70 Woodfin Place
Asheville, NC 28801

Address correction requested
Town and Zip Code