

June 2010

Mountain Doings Central Office Newsletter



Published for Districts 70, 71 & 80 by the North Carolina Mountain Central Office (NCMCO)
• 206 Park Place Offices • 70 Woodfin Place • Asheville NC 28801 • (828) 254-8539
ncmco@bellsouth.net • Office Hours 10am-1pm M,W,F; 1-4p T,Th (closed major holidays)

**Get this pub in full color! To receive the *Mountain Doin's* or *Where & When* by email, in Adobe Acrobat pdf format, send your e-mail address.
ncmco@bellsouth.net.**

Central Office has changed its Tuesday & Thursday hours to 1-4 pm...Central Office has changed its Tuesday & Thursday hours to 1-4 pm...Central Office has changed its Tuesday & Thursday hours to 1-4 pm...Central Office

Join us in a day of fun in service at a

Regional Service Rally

Speaker: Richard B.

June 5 • 9:30a-5:30p

Tuton Hall • 60 Church St • Asheville

Workshop Panels!

Corrections • Treatment
Coop w/the Professional Community/Public
Information

Chicken Dinner

Bring your appetite and a side dish or dessert

* Presented by Districts 11, 15, 70, 71 & 80 *

Celebrate AA's 75th Anniversary!

June 6 • Fellowship 3p • Dinner 4p
Speaker at 5p

Trinity Episcopal Church's Tuton Hall • 60 Church Street
Asheville

*Guest
Speaker!* Tommie D. (49 years sober)
Mountain Group, Ft. Lauderdale FL

Co-sponsored by Women of Grace Grp-Black Mtn, Daily Decisions Grp-Asheville, District 70's Events Committee, and the generous support from anonymous friends within the A.A. community

Serenity Service Annual Picnic Sunday, June 13 • 10-4 (Meeting starts at 11)

West Asheville Park (at the end of Vermont Ave off Haywood Rd.)
Hamburgers, Hot Dogs, BBQ Chicken, fixings and drinks supplied by the group.
Please bring a Salad, Appetizer, or Desert to share if you can; not required.

Fun time for all friends of AA, members & their families.
Softball, horseshoes, and badminton

Meeting Updates



Asheville Traditional Group (Sunday 8:00 pm) meeting has been cancelled.

East Flat Rock Upward Group (Tuesday 6:00 pm) meeting has been cancelled.

The Penrose Strange Camels Group (Thursday 6:30 pm) has moved to Brevard, St Timothy's UMC on the Asheville Hwy. Burnsville Group: Thursday, 7:30 pm, Caduces, Higgins Methodist Church Annex, corner of Avery & Academy Streets is a closed discussion (C, D)

Arden Living in the Solution Group (Wednesday, 6:30 pm, St. Barnabas Catholic Church) has been temporarily cancelled

The Women's Way Step Study meeting (New Creation ICCC in Fletcher) is closed.

The Marion Group's Sunday, Wednesday, and Friday meeting times have changed to 7:00 pm. at St. Matthew's Lutheran Church, 241 W. Court Street. The Monday meeting has been cancelled.

*Send Your Pix
Deadline for July Issue is
June 15*

GOOD WORDS

Perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done against me. It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go and shut the door and kneel to my Father in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble.

—Dr. Bob and The Good Oldtimers

Open call for
recovery-related
writing: short essays,
personal reflections

One rainy night, alone in one of their small rooms on 24th Street, Bill Wilson sat despondently, discouraged and nursing a stomach pain that he imagined might be an ulcer. It was all useless. He was going to die soon, he thought. There was a knock at the downstairs door, and Tom the custodian announced that there was a crippled old bum from St. Louis downstairs who wanted to talk about the Twelve Steps. The bum was a Jesuit father named Edward Dowling who had noticed the parallels between the exercises of St. Ignatius and the exercises of a man in New York named Bill Wilson. He had decided to take the train to New York. Dowling's directness and his unquestioning faith somehow pulled Bill's spirits up that night. His message was that saintly men are not happy men. When Bill whined about wanting contentment and asked if there was ever to be any satisfaction in his life, Dowling replied no, that there never would be. Ironically, it was the most cheering thing Bill had heard in a long time.

—My Name Is Bill, © 2004 Shirley Cheever

In Memoriam

Janice Norman, sober 34 years in A.A., passed away on Monday, May 10, 2010. Her sobriety date was September 24, 1975. She was a member of the Conscious Contact Group in Asheville.

Central Office Profit & Loss Report April 2010

Income		
Sales Income		
Conference Approved	1408.98	
Non-Conference Approved	661.53	
Sales Tax, S&H	230.24	
Total Sales Income	<u>2300.75</u>	
Other Income		
Group Contributions	1618.65	
Individual Contributions	63.43	
Total Other Income	<u>1682.08</u>	
Total Income		<u><u>3982.83</u></u>
Cost of Goods Sold		
Conference Approved	-1250.35	
Non-Conference Approved	-497.59	
Total Cost of Goods Sold	-1747.94	
Gross Profit \Loss		<u><u>2234.89</u></u>
Expense		
Freight	-57.39	
Editor	-100.00	
Copier Rental	-168.86	
Office Supplies	-55.86	
Payroll Expenses	-710.75	
Postage	-160.56	
Rent	-435.00	
Sales Tax	195.63	
Answering Service	-249.04	
Internet and Telephone	-265.99	
Insurance	-36.33	
Total Expense	<u>-2435.41</u>	
Net Income		<u><u>-200.52</u></u>

Call & Visitor Log April 2010

A.A. Crisis	0
General Information	11
Family Help	4
Meeting Information	49
Central Office Business	49
Referrals (Detox, etc.)	1
Visitors	90

Working Capital April 2010

Savings	4518.41
Checking	1260.46
Petty Cash	150.00
Total	5928.87

Conference Info

NCCYPAA

North Carolina Conference of Young People in Alcoholics Anonymous

Annual Campout June 25–28

Fort Hamby Park, Wilkesboro

Pre-reg \$20 thru June 19 / \$30 after
Kids under 6 free - No pets
Hiking, mountain biking, horseshoeing, volleyball, tubing, swimming...
The cost of registration includes dinner Friday & Saturday night, breakfast Saturday morning, & coffee throughout the weekend. See page 10
KimberlyM@nccypaa.org

SERCYPAA

Southeastern Regional Conference of Young People in Sobriety

July 29–Aug 1

Louisville, Kentucky
Registration \$15 til Jul 1 / \$20 after
www.sercypaa2010.org

15th Annual Southeast Region
Woman To Woman Seminar

For sober A.A. and Al-Anon women.

August 20–22

Sheraton Charleston Airport Hotel
Registration \$30 by July 15

Call or write Central Office or flier
and contact information

18th Annual Primary
Purpose Conference

“Spiritual Living”

June 18–20

Richmond, Virginia

Registration \$20 (no deadline)

Holiday Inn Central
Mention “Primary Purpose Convention” for spec. conference hotel rates.

Contact Charles H. (804) 912-1944
Call or write Central Office or flier
and contact information

Outreach Opportunity

From: SERCYPAA louisville
Sent: Saturday, December 26, 2009 12:45 PM
Subject: Fwd: SERCYPAA 2010

We are holding our convention in Louisville KY and are asking for help in outreaching and possibly hosting an outreach event in your area. We feel by taking full advantage of the world wide web we can reach more people who need our help. We also would love to see your area bid for this convention for 2011. If you have any questions please email us back.

Young = Age, Sobriety, Spirituality,
Room to grow

Sincerely, SERCYPAA Louisville

Cards @ Letters

End of the Day

Cows in the pasture grazing in the gloaming
The moos of the mothers to their calves to stay close
A breeze stirs the air, sweet scent of summer grass
Bullfrogs bellow in the watering hole amongst the cattails
Bats flit about dive-bombing hapless insects
Sounds of dishes being washed in the kitchen
The sun slowly sets in a cloudless azure sky
Shadows lengthen, falling towards the east
As night settles upon the land
Taking over from the summer's day
Time stops between two worlds
Capturing all in a long moment of pause
I rest in the evening
And reflect on the past
Feeling gratitude for this day
The Creator has made

—Anonymous

Group secretaries, save time and trouble! Email all your group members' anniversaries for 2010. (Otherwise, send announcements to the office at least one month before the anniversary date. We'll do our best to include late submissions.)

June Anniversaries

Asheville Big Book Step Study Group

Pete H.	June 2, 2000	10 years
Marky S	June 8, 2005	5 years

Back To Basics Group

Bill M	June 1, 1974	36 years
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Black Mountain Big Book Study Group

Brenda W.	June 30, 1986	24 years
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Black Mountain Group

Angela	June 24, 2002	8 years
Kenny	June 4, 2008	2 years

Conscious Contact

Carolyn S	June 21, 1989	21 years
Charles M	June 19, 2001	9 years
John J	June 2, 1986	24 years
Joyce D	June 26, 1990	20 years
Melanie C	June 29, 1991	19 years
Spencer A	June 18, 2005	5 years
Sue T	June 27, 1984	26 years
Terry C	June 26, 2005	5 years

Cumberland Group

Robe K	June 7, 2008	2 years
Sean S	June 18, 2006	4 years

Fletcher Group

Joyce	June 28, 1992	18 years
Robert	June 16, 2009	1 year

Good Livers Group

Barbara J	June 14, 1999	11 years
Bruce U	June 3, 1979	31 years
Ellen M	June 30, 1986	24 years

Grace Group

Billy C	June 7, 2009	1 year
Bob Po	June 2, 1992	8 years
Donna C	June 13, 2009	1 year
Ernie Mc	June 12, 2009	1 year
Gayle R	June 12, 2009	1 year
Jean V	June 10, 2000	10 years
Joanne F	June 21, 1989	21 years
Katie K	June 13, 1997	13 years
Leslie B	June 25, 2009	1 year

Grace Group *continued*

Mark M	June 21, 2003	7 years
Mary Scott H	June 18, 1986	24 years
Patricia S	June 30, 2009	1 year
Paul S	June 10, 1985	25 years
Robert B	June 15, 2003	7 years
Sean B	June 27, 2004	6 years
Susan R	June 7, 2005	5 years
Ted E	June 30, 1988	22 years
Valerie S	June 16, 2008	2 years

Happy Hour Group

Catherine D	June 10, 2007	3 years
Mark H	June 22, 1995	15 years
Mary D	June 16, 1978	32 years

Hendersonville Group

Annie P	June 20, 1985	25 years
Darren P	June 20, 2001	9 years
Joe Mc	June 20, 2005	5 years
Shawn K	June 2, 2006	4 years
Steve D	June 5, 2009	1 year
Tom L	June 25, 1994	16 years

Leicester Group

Luanne V	June 12, 2008	2 years
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Serenity Seekers

Doyle F	June 6, 1998	12 years
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Traditional Group

Barbara P	June 6, 2004	6 years
Becky N	June 10, 2008	2 years
Greg C	June 21, 1974	36 years
Israel M	June 16, 2009	1 year
Jean V	June 10, 2000	10 years
Jim W	June 14, 2005	5 years
Melvin L	June 27, 1997	13 years
Michael C	June 18, 2008	2 years
Ronald C	June 8, 1994	16 years

Young People's Group

Harry A	June 1, 2003	7 years
Jacob Li	June 25, 2007	3 years
Travis H	June 4, 2009	1 year

Group Donations

	April	2010 YTD			
Acceptance Group	\$0.00	\$225.15	Serenity Service 110-498	\$50.00	\$200.00
AVL BigBookStepStudy 637-843	\$0.00	\$50.81	Skyland Meeting 693-372	\$0.00	\$25.00
Back to Basics 147-139	\$0.00	\$200.00	Soteria Staying Sober LLC	\$0.00	\$0.33
Big Book Study Group	\$0.00	\$21.25	Speed Bump Group	\$50.00	\$50.00
Big Town Group	\$52.51	\$132.52	Sunshine AA Group	\$0.00	\$50.00
Blue Ridge Group 110-557	\$25.00	\$50.00	Three Alarm Group	\$30.00	\$60.00
Came to Believe 611-288	\$0.00	\$50.00	Thurs Afternoon Woman's Grp	\$0.00	\$50.00
Cashiers Valley Grp 122-589	\$63.00	\$156.40	Total Surrender	\$20.00	\$80.00
Common Sense Grp 179-909	\$0.00	\$67.56	Tryon Tuesday Group	\$50.00	\$50.00
Conscious Contact (AVL)	\$0.00	\$600.00	Tryon 12 & 12 690-877	\$20.00	\$63.25
Cumberland Group 122-472	\$0.00	\$480.00	Waynesvl Grace Grp 110-692	\$0.00	\$95.18
Day by Day Group 159-058	\$0.00	\$269.63	Woman's Way Step Study Grp	\$31.00	\$31.00
Early Birds 612-780	\$0.00	\$344.91	Women of Grace Group	\$65.05	\$65.05
Edneyville Group 605-968	\$0.00	\$50.00	Young People's Grp 645-646	\$0.00	\$196.00
Eleven-Eleven-Eleven Group	\$20.00	\$35.00		\$1,632.65	\$6,360.76
Fellowship Grp, Fletcher 655-542	\$110.00	\$218.00			
Fireside Group 06-550	\$100.00	\$100.00			
Good Livens Group	\$225.00	\$225.00			
Grace of God Group of HVL	\$0.00	\$70.00			
Hand-in-Hand Group	\$0.00	\$75.00			
Happy Hour Group 169-182	\$75.00	\$225.00			
Hendersonville Group	\$0.00	\$20.00			
High Noon Group	\$100.00	\$100.00			
Individual Contributions	\$3.93	\$8.55			
Bob P.	\$0.00	\$200.00			
In Memory of B.G.	\$10.00	\$40.00			
Joy of Living Group	\$25.00	\$25.00			
Kanuga Group	\$0.00	\$45.00			
Last Chance Group, The	\$30.00	\$30.00			
Leicester Group 143-417	\$0.00	\$25.00			
Library Group 672-283	\$0.00	\$30.00			
Marion AA Group 110-621	\$50.00	\$100.00			
Mid Day Group (HVL)	\$145.00	\$307.00			
Mill Spring Group 656-821	\$20.00	\$45.00			
Mission Grp of Sylva 606-119	\$50.00	\$50.00			
Monday Night Open Meeting	\$97.09	\$230.99			
Murphy Big Book Group	\$0.00	\$10.00			
New Freedom Group	\$25.00	\$60.00			
Pisgah Group	\$0.00	\$9.14			
Plan B Group	\$0.00	\$150.00			
Practicing Principles Grp 667-311	\$40.00	\$40.00			
Recovery by River 674-892	\$50.00	\$133.04			
Second Chance Grp Cherokee	\$0.00	\$40.00			

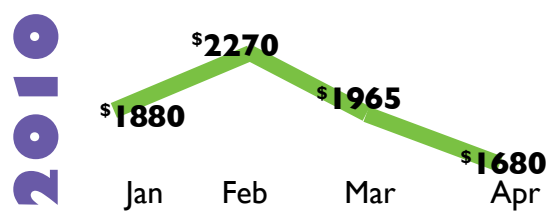


G.S.O. birthday contribution envelopes are free at Central Office. Send a dollar for each year you're sober!

Become a Faithful Fiver—an A.A. member who in gratitude pledges to contribute at least \$5.00 each month toward the support of Central Office. Just contact Myra, and tell her you want to be a Faithful Fiver.

Your monthly pledge will be noted here.

And while we're talking money, 2010's group contributions to Central Office are showing a definite downward trend (see graphic). Please help out!



District News

- District 70 and 71: Central Office needs the contact info of your trusted servants. Write to nmcoco@bellsouth.net.
- How to get info from your district: District 70 www.ashevilleaa.org ; District 71 www.district71inc.org ; District 80 www.aawnc80.org
- The District 70 Correctional Facilities Committee (CFC) will meet at 6pm Thursday, April 8, in the basement of the First Presbyterian Church on Church St. Please attend if you are interested in taking meetings to correctional centers or if you would like to be a part of the committee's decision-making process.
- In Memoriam: honor the memory of A.A. members who have passed away by sending info (name, home group, date of passing and/or years sober) to nmcoco@bellsouth.net.

Take Two

As a country boy I got to see a lot of things growing up. One of the things that sticks out in my mind is when my cousin Fred Junior, who was nine months older than I was, came down from New Jersey. Everybody had chores around the house and when he got there he told my grandfather that he wanted to go to the high school and lift weights so that he could build himself up for football. My grandfather looked at him, smiled, and never said a word. My chores changed. I didn't carry wood any more, I had to feed the hogs and Fred Junior got to carry the wood. He'd get down on one knee, hold his arms out, and we'd load him up and Big Daddy would say, "Is that enough?" He'd say, "Yeah," and my Grandfather would give him one more.

Now, when he arrived, he had this pretty, pink, short-sleeved shirt and in the summertime we don't wear shirts, don't wear shoes hardly either. He kept asking week in and week out "Can I go? Can I go? but my Grandfather never would say yes or no. He'd just smile. At the end of the summer when it was time for Fred Junior to go he got dressed and he went to put on the pink shirt and he couldn't get it on. He'd grown that much and he went back and made the team. He had the muscle mass that he needed.

It helps me appreciate with these A.A. meetings that a lot of times you don't feel the growth and you don't see the growth but if you just keep coming on a regular basis—on a daily basis—miracles



The beauty of God's gifts are all around us.
We just have to open our eyes.
Thanks to Valerie K. for her photo.

happen. You know when they say ninety in ninety, they mean ninety in ninety because it's your life you're talking about and in my case it was my life. I've learned to feel, look, and see things differently because of those day-in, day-out meetings of AA.

Thank you for letting me share.

—James Payne, Hendersonville



Recycle this
newsletter!

N.C.C.Y.P.A.A

North Carolina Conference of Young People in Alcoholics Anonymous

ANNUAL CAMPOUT

Thursday, June 25 – Sunday, June 28

Fort Hamby – Wilkesboro, NC

“Robbers Den” Campsite

**Pre-register
by June 19th:
\$20**



**Register after
June 19th:
\$30**

Kids under 6 are free – 6 to 12 years old \$10.00

**Hiking, mountain biking, horseshoeing, volleyball, tubing, swimming, fishing,
campfire speaker & discussion meetings, fellowship, s'mores,
and much more!**

**The cost of registration includes dinner Friday & Saturday night, breakfast
Saturday morning, & coffee throughout the weekend.**

Family and friends are welcome, but please leave your pets at home

For more information, contact Jed R at (919) 819-3764 or Kimberly M: KimberlyM@nccypaa.org
The phone number to the park is (336)-973-0104.

**Upon arrival, please check in at the NCCYPAA registration table
Get a wristband, camp rules, and ask where to put your tent**

-----Tear and Send with Payment-----

**Make Checks or Money Orders to: NCCYPAA
Mail Registration Flyer to: P.O. Box 5045 Greensboro, NC 27435**

Name _____
Address _____
City, State, Zip _____
E-Mail _____
Phone # _____

Registration _____ \$
Sponsor a Newcomer + _____ \$
Total Enclosed _____ \$



Please help spread the message!!! Copy and distribute as needed.
For more information including upcoming events visit us at www.NCCYPAA.org
For information regarding the conference please e-mail us at info@nccypaa.org

Speakers

Workshops

Saturday Night
Banquet / Buffet

Entertainment

Contact Info:

Registration:

JoAnne B. (803) 215-8247

Email:

joanne_99_1999@yahoo.com

Pat B. (803) 270-7922

Email: pbishop3@bellsouth.net

Chair:

Deborah D. (843) 367-0889

Email: serenity1212@live.com

Special Needs:

Mel G: 803-260-3471

Please access the Official Website (right) for further information about Banquet, Special Needs, Gifts/Souvenirs etc. or use contact information if needed.

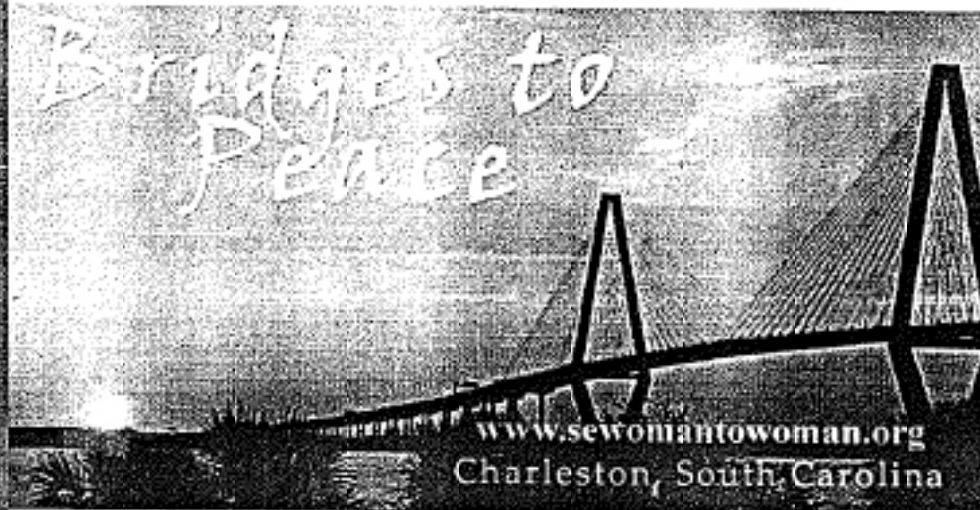
15th Annual Southeast Region

Woman to Woman



Secrets Women Don't Share

The Woman-to-Woman Seminar is a workshop weekend, a special event by and for sober alcoholic and alanon women.



August 20 - 22, 2010

Sheraton Charleston Airport Hotel

4770 Goer Drive, North Charleston, SC 29406 • (843) 747-1900

Room Rates: \$109 (1 King or 2 Doubles, includes up to 4 people)

*Complimentary Breakfast Buffet on Saturday & Sunday
with room reservation*

**REGISTRATION: \$30 cut off July 15, 2010 (paid or postmarked by cut off date, non-refundable)
• \$35 AT THE DOOR •**

MAIL TO: South East Region Woman to Woman 2010, P.O. Box 3182, Summerville, SC 29484

PLEASE PRINT PLAINLY (one per person please)

A.A.

Al-Anon

Name: _____ Sobriety Date _____

Name on Badge: _____

Address: _____ Phone _____

City: _____ State: _____ Zip: _____

Special Needs _____

Registration \$ _____ Buffet \$45 Scholarship: \$ _____ **Total Amt. Enclosed: \$ _____**

DIRECT PAYMENT: Date: _____ Rep. Sig: _____

Cash, Money Order or Cashiers Check. Sorry no personal checks please.