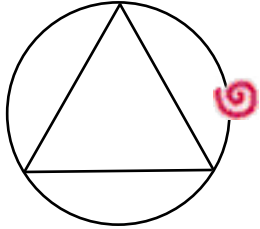


Mountain Doin's Central Office Newsletter

January 2010



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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, send your e-mail address. ncmco@bellsouth.net. Thanks!

New Year's Eve *Alk@Thons*

Sponsored by District 70

**St. Luke's Church Parish House
219 Chunn's Cove Road • Asheville NC**

Starts at 6:00pm December 31, 2009

Ends at 6:00pm January 1, 2010

Join us for **24 hours** of
**Meetings • Fellowship
Raffle Gifts • Fun**

Please bring your favorite holiday treat to share.

To chair a meeting or for more information contact
Ruthie C. (828) 668-9861

Sponsored by Murphy Big Book Group
**Glen Mary Center • St. William Catholic Church
76 Andrews Road • Murphy NC**

Starts at 11:30am December 31, 2009

Ends at 12:30am January 1, 2010

**Meetings on the even hours!
Beverages provided
Bring Snacks & Desserts**

Calling All

Central Office Reps!

Sunday, Jan 31, 2010 • 2p



St. Luke's Church Parish House

219 Chunn's Cove Road in Asheville is now the permanent site for your quarterly Central Office Representatives' meetings (the COR General Assembly). New Board officers will be presented at the January meeting.

This is your newsletter! Contributions of articles, jokes, poems, and any other material or suggestions are most welcome. Be sure to send us details of your group's or district's events, group members' anniversaries, and in memoriams and we'll print them here. The deadline for all submissions is the 1st of the month *prior* to the issue month (ex.: May 1st is the deadline for the June issue). Event flyers may be emailed as .pdf or .doc/.docx files to ncmco@bellsouth.net. Questions? Call the Office Manager at (828) 254-8539 or (800) 524-0465.

Mountain Doin's is published monthly for all A.A. members in western North Carolina's districts 70, 71 & 80. Opinions expressed herein are not attributed to A.A., nor does publication of any feature imply endorsement by A.A. or the NCMCO. Material reprinted from A.A. World Services, Incorporated, or from *The Grapevine* is published by permission.

Meeting Updates



- **Spruce Pine Group** meets at 7:00pm on Tuesdays, *not* 7:30pm as listed in the blue **Where & When** booklet (Nov/Dec 2009 edition).

Once in the far Pacific, a ship's officer headed a rescue party to collect a castaway from a lonely island. On landing and greeting the rescued one, he observed a sign over his hut door, "AA Clubhouse." The man explained that he was an AA member and, though all alone on the island, had put up the sign to make him feel less lonely. As they were leaving, the officer noticed and inquired about an identical hut a little way off, complete with the same sign. "Oh," said the AA, "that's the other club. I never go there!"

Jack H., Kwajalein I.

—first printed in the October 1955, A.A. Grapevine

Phone Log • November 2009



A.A. Crisis	1
General Information	11
Family Help	2
Meeting Information	42
Central Office Business	39
Referrals for Medical Help, Detox, Hospital, etc.	1
Visitors	65

One of our tele-service volunteers asks that anyone with information on low-cost or free emergency animal boarding for people in crisis please call Central Office.



Central Office Profit & Loss Report November 2009

Income

Sales Income	
Conference Approved	\$2,168.93
Non-Conf	\$314.62
Sales Tax, S&H	\$257.48
Total Sales Income	<u>\$2,741.03</u>

Other Income	
Group Contributions	\$1,869.82
Individual	\$10.31
Total Other Income	<u>\$1,880.13</u>

Total Income \$4,621.16

Cost of Goods Sold

Conf Approved	\$(1,554.99)
Non-Conference	\$(354.32)
Total Cost of Goods Sold	<u>\$(1,909.31)</u>

Gross Profit/Loss \$2,711.85

Expense

Freight	\$(29.85)
Editor	\$(100.00)
Copier Rental	\$(163.31)
Office Supplies	\$(53.16)
Payroll Expense	\$(738.77)
Postage	\$(126.95)
Rent	\$(435.00)
Sales Tax	\$(149.84)
Answering Service	\$(216.96)
Internet & Phone	\$(239.56)
Insurance	\$(36.33)
Total Expense	<u>\$(2,289.73)</u>

Net Income \$422.12

Did You Know?

The **2010 International Convention** coincides with the 75th anniversary of A.A.!
 Convention Dates: July 1–4, 2010 • Pre-Registration Deadline: May 14, 2010
 (Registration opened September 1, 2009) • San Antonio TX • www.aa.org

Cards & Letters

A new year, a new Mountain Doin's editor. That's me, doing double duty here and on the NCMCO Board as your District 70 Trustee. Huge thanks are due Camille V., our most recent past editor and layout master. As I write, she is driving to her new home in sunny California (just in time—that pre-Christmas-week snowstorm was a doozy!) Camille really made these pages sparkle and I'll try to keep up with the high standards she set during her tenure.

With eight pages to fill every month, this publication needs your thoughts, poems, and salutations. Tell us what it's like to attend your first GSR meeting, area assembly, or international convention. Or send a Step-Two story (“...came to believe...”) for 2010's second-month issue (February)? Cartoons? Gratitude Lists? Jokes? Cool! Here's hoping your 2010 is awesomely sober.

Suzanne T.

To All Fellow A.A.'s:

Iwanted to take this opportunity to thank all of you in Districts 70, 71 and 80 for supporting North Carolina Mountain Central Office. Despite the many changes and an especially trying economic situation we have all persevered and become stronger. Because of you we in central office have been able to help you to carry the message

to the suffering alcoholic here in western North Carolina.

Incourage your continued support for John G., who has rotated in as incoming chair; please come greet him at the January COR meeting. All of you who are in contact with the still-suffering alcoholic everyday, you know what works and what doesn't. I've learned that one word spoken in the right place can cause much positive change. I am grateful for having had the opportunity to serve all of you.

In Love & Service,
Carl Iobst
Chair, N.C. Mountain Central Office

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

January Anniversaries

Group secretaries, save time and trouble! Send in all your group members' anniversaries for 2010. Email us now! (Otherwise, send please announcements to the office at least one month before the anniversary date.)

Against All Odds Group

Craig R January 14, 1985 25 years

Asheville Big Book Step Study Group

Ed R January 3, 1988 22 years

Jodie R January 8, 2004 6 years

Kitty G January 27, 2008 2 years

Paula R January 12, 2002 8 years

Suzanne T January 1, 1992 18 years

Back To Basics Group

Amy M January 21, 1974 36 years

Camille S January 20, 1996 14 years

Judy M January 19, 1982 28 years

Peggy S January 4, 1995 15 years

Conscious Contact Group

Barbara W January 24, 2001 9 years

Betsy B January 8, 2004 6 years

David B January 26, 2004 6 years

David M January 29, 2007 3 years

Doug R January 18, 2007 3 years

Jeremy L. January 24, 2008 2 years

Joe R January 27, 2000 10 years

Maurice S January 12, 2008 2 years

Nancy B January 16, 1983 27 years

Nick M January 18, 1993 17 years

Randall R January 29, 2008 3 years

Steve H January 08, 2002 8 years

Thomas M January 4, 1998 12 years

Tibby T January 24, 2008 2 years

Tom M January 1, 1991 19 years

Cumberland Group

Cynthia M January 18, 1985 25 years

Michael T January 1, 2005 5 years

Myra B January 1, 1994 16 years

Fellowship Group

Connie C January 10, 1983 27 years

Dale L January 10, 2004 6 years

Susan J January 10, 2009 1 year

Grace Group

Amie S January 25, 2009 1 year

Amy W January 14, 2008 2 years

Andi K January 14, 1999 11 years

Anne M January 6, 2008 2 years

B.J. H January 15, 1998 12 years

Barbara W January 10, 2008 2 years

Dina R January 20, 2007 3 years

Ed C January 20, 2008 2 years

Ellen S January 24, 2001 9 years

Frank M January 28, 2004 6 years

Joe D January 1, 2003 7 years

Larry E January 18, 1997 13 years

Leslie S January 2, 2009 1 year

Liz N January 12, 1999 11 years

Natalie B January 9, 2009 1 year

Ryan J January 24, 2005 5 years

Steve W January 11, 1997 13 years

Tammy M January 25, 2008 2 years

Tony W January 20, 2000 10 years

Zion S January 19, 2009 1 year

Hendersonville Group

Carol B January 17, 2000 10 years

Tom R January 30, 1975 35 years

Traditional Group

Jack B January 11, 2003 7 years

Jim B January 6, 1990 20 years

Ken H January 23, 2007 3 years

Rebecca S January 11, 2007 3 years

Young People's Group

Byron B January 19, 2001 9 years

Jeremy F January 9, 1995 15 years

Lauren C January 16, 2008 1 year



2009 Group Donations

	November	YTD		November	YTD
Acceptance Group	\$-	\$1,370.06	Log Cabin Group	\$-	\$-
Against All Odds Group	\$-	\$-	Lunch Bunch (Sylva)	\$-	\$-
Andrews Group	\$-	\$-	Maggie Valley Group	\$-	\$-
AVL Big Book Step Study Group	\$-	\$206.31	Maple Grove Group	\$-	\$104.69
AWOL Group	\$-	\$16.50	Marion A.A. Group	\$-	\$50.00
Back To Basics Group	\$-	\$550.00	Marshall Group	\$75.00	\$305.00
Bethel Up The River Group	\$-	\$-	Mars Hill Group	\$-	\$50.00
Big Town Group	\$-	\$274.73	Men's Attitude Adjustment Group	\$-	\$-
Black Mountain Group	\$-	\$85.00	Mid-Day Group	\$64.00	\$739.69
Blue Ridge Group	\$-	\$95.00	Mill Spring Group	\$-	\$70.00
Brevard Serenity Group	\$-	\$150.00	Mission of Sylva Group	\$50.00	\$150.00
Brevard Sylvan Valley Group	\$-	\$-	Monday Night Open	\$133.61	\$599.40
Bryson City Group	\$-	\$80.00	Mountain View Group	\$-	\$180.00
Burnsville Group	\$-	\$100.00	Mountainside Group	\$-	\$-
Came To Believe Group	\$-	\$50.00	Murphy Big Book Group	\$10.00	\$50.00
Candler KISS Group	\$-	\$150.00	New Day Group	\$-	\$-
Cashiers Valley Group	\$-	\$432.60	New Hope Group	\$-	\$-
Chunn's Cove Men's Group	\$-	\$175.00	No Name Group	\$-	\$-
Clyde Group	\$-	\$75.00	No Nonsense Group	\$-	\$-
Columbus Group	\$-	\$150.00	No Place Like Home Group	\$-	\$-
Common Sense Group	\$41.18	\$217.92	New Freedom Group	\$50.00	\$50.00
Conscious Contact Grp (AVL)	\$-	\$1,655.97	Nuevos Amigos Group	\$-	\$-
Conscious Contact Grp (Sapphire V.)	\$-	\$-	Nuevos Despertar Group	\$-	\$-
Cullowhee Valley Group	\$-	\$-	Old Fort Group	\$-	\$-
Cumberland Group	\$-	\$320.00	Pathfinders Group	\$-	\$32.52
Daily Decisions Group	\$-	\$335.39	Pisgah Group	\$-	\$46.83
Day By Day Group	\$362.83	\$1,251.79	Plan B Group	\$-	\$350.00
District 71 CFC	\$-	\$100.00	Practicing Principles Group	\$-	\$190.00
Dry Dock Group	\$-	\$-	Principles Group	\$-	\$11.63
Early Bird Group	\$-	\$1,007.70	Recovery By The River Group	\$-	\$145.65
Edneyville Group	\$-	\$60.00	Renacimiento Group	\$-	\$-
11-11-11 Group	\$37.00	\$37.00	Roundtable Group	\$-	\$147.50
Fellowship Group	\$62.70	\$450.60	Safe N Sound Group	\$196.50	\$196.50
Fireside Group	\$-	\$450.00	Second Chance Group	\$-	\$33.30
Fletcher Group	\$-	\$1.73	Seniors On Sobriety Group	\$-	\$75.00
Fourth Dimension Group	\$-	\$40.00	Serenity (Waynesville) Group	\$-	\$-
Franklin Group	\$-	\$-	Serenity Seekers (Marion) Group	\$-	\$168.00
Friday Women's Group	\$-	\$-	Serenity Service	\$50.00	\$550.00
Good Livers Group	\$-	\$505.00	Sisters In Sobriety Group	\$-	\$-
Grace Group (Asheville)	\$241.50	\$641.50	Six O'Clock Open Group	\$-	\$133.07
Grace Group (Waynesville)	\$318.00	\$758.00	Speed Bump Group	\$-	\$200.00
Grace of God Group	\$-	\$20.00	Spruce Pine Group	\$-	\$50.00
Hand In Hand Group	\$-	\$250.00	Steppin' Up Group	\$-	\$-
Happy Hour Group	\$-	\$300.00	Strange Camels	\$10.00	\$10.00
Hayesville Group	\$-	\$-	Sunshine Group	\$50.00	\$150.00
Hayes Lunch Bunch Group	\$-	\$-	Sylvan Valley Group	\$-	\$150.00
Hendersonville Group	\$40.00	\$140.00	Three Alarm Group	\$30.00	\$120.00
High Noon Group	\$-	\$100.00	Thursday Afternoon Women's Grp	\$-	\$-
Hilltop Group	\$-	\$-	Total Surrender Group	\$-	\$155.00
Hot Springs Group	\$-	\$-	Traditional Group	\$-	\$150.00
Individuals (\$10 in memory of B.G.)	\$10.31	\$10.31	Tryon Thursday Night Group	\$-	\$-
Joy of Living Group	\$-	\$94.97	Tryon Tuesday Night Group	\$-	\$-
Kanuga Group	\$22.50	\$157.50	Tuesday Night Men's Big Book Grp	\$-	\$62.17
Lambda Group	\$-	\$172.50	Upward Group	\$-	\$30.00
Ledger Group	\$-	\$-	West Asheville Group	\$-	\$100.00
Leicester Group	\$25.00	\$100.00	Women Of Courage Group	\$-	\$335.00
Library Group	\$-	\$35.00	Women Of Grace Group	\$-	\$30.00
Locked In Forward Group	\$-	\$70.00	Total Group & Individual	\$1,880.13	\$19,214.03



District Business

- Cooperation with the Professional Community/Public Information Committee (CPC/PI), and treatment committees will be meeting together on January 7th at 6pm in the (Asheville) First Presbyterian Church's basement. 40 Church Street.
- Cashiers Valley Group's Monday 5:30pm meeting has been changed to 12:00 noon. It's an open Big Book/Discussion meeting. 1448 Route 107, Church of the Good Shepherd.
- **District 70** holds its monthly meeting for General Service Representatives (GSRs) on the 2nd Sunday of the month, at 2:30pm, at St. Luke's Episcopal Church, 219 Chunn's Cove Rd., Asheville.
- **District 80's** next GSR meeting will be held January 17 from 1:30pm to 4:30pm. The meeting will be held at the Jackson County Family Resource Center (Old Rock School), 1528 Webster Rd., Route 116, Webster NC.
- **District 71** will have its first business meeting of 2010 on Saturday, January 9, 11 am. to 1 pm, at the Pardee Educational Annex in the Blue Ridge Mall in Hendersonville. Please call Karen B., Dist. 71 secretary, (828) 577-6087, if you have any questions.

Central Office Reps' FYI

What Is a Central Office?

A central office (or intergroup) is an A.A. service office that involves partnership among groups in a community—just as A.A. groups themselves are partnerships of individuals. A central office is established to carry out certain functions common to all the groups—functions which are best handled by a centralized office—and it is usually maintained, supervised, and supported by these groups in their general interest. It exists to aid the groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers.



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