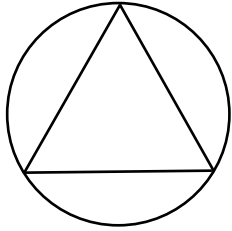


Mountain Doin's Central Office Newsletter February 2010



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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!

Upcoming A.A. Events

2010 S.I.S (Seniors in Sobriety)

April 8–11, 2010

Tucson, Arizona

An international seniors in sobriety conference that focuses on concerns and issues impacting seniors, their spouses, and families. It will provide an opportunity for alcoholics of all ages to discuss the effects of aging on sober alcoholics and

how to help the still-suffering senior alcoholic.

Panels/Workshops/Sessions will include:

Over 60, Sober & Retired—Now What?

Newly Sober Seniors?

Couples in Long-Term Sobriety

How To Ask for Help

The Medical Opinion

For more info and registration form: www.SeniorsInSobriety.org

52nd ICYPAA

August 26–29, 2010

New York City

**International Conference of Young People
in Alcoholics Anonymous**

Multilingual!

Roaring 20s Saturday-Night Dance!

Amazing Recovery Program!

Online Registration!

For more info and registration form: www.icypaahost.org

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. See p7 for the full 2010 schedule.

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 NMCO. Material reprinted from A.A. World Services, Incorporated, or from *The Grapevine* is published by permission.



Meeting Updates

Beginning 2/5/10, **Cumberland Group** (Fridays & Sundays @ 8:00 pm) is moving to Asbury Memorial UMC, 171 Beaverdam Rd. (corner of Kimberly & Beaverdam)

Turning Point Group at the VA Hospital has changed its meetings on Monday & Fridays from 1:00 to 12:30 pm, and is in a new location: Bldg 71 (behind the hospital). The Tuesday, Wednesday, and Thursday meetings are *cancelled*.

Total Surrender Group, Thursday 7:00 pm, is now an open Big Book (O, BB).

Hendersonville Group (Willow Road) has changed its Thursday and Friday meeting times from 8:00 pm to 7:00 pm.

Hendersonville Group (Willow Road), Thursday 6:00 pm, women's group has disbanded.

But for the Grace of God Group's Monday 7:00 pm meeting is now a closed Big Book meeting (C, BB)

Cashiers Valley Group, Monday 5:30 pm is changing to 12:00noon and and open Big Book/ Discussion meeting (O, BB, D)

New meeting: Cherokee's **New Hope Group**, Tuesday 8:00 pm, meets at the Cherokee Forestry Bldg. Its format will be noted in upcoming newsletters and meeting schedules.

From the Archives

The 10th issue of the *Mountain Doings* was dated September 27, 1974. At that time, the newly formed Intergroup was located in the Parkway Building. Amazingly, the phone number has stayed the same for the last 46 years! Enjoy these noteworthy excerpts...

Harbour Group Reactivated

Brevard's Jim S. reports the Harbour Group is active again, meeting over the Brevard Pharmacy. Wonderful!

Intergroup Meets Oct. 20

The Intergroup of WNC Council will hold its regularly monthly at 6 p.m., Sunday, Oct. 20. Make sure your group is represented. The council traveled in September to Waynesville where the Grace Group was host to a well-attended meeting.

Hello, Columbus!

At a recent meeting on Wall St., a California visitor informed us that Christopher Columbus had to be an alcoholic. When he left, he didn't know where he was going. When he got there, he didn't know where he was. When he got back, they threw him in jail, and a woman picked up the tab for the whole trip.

Next month: How Intergroup got started...

Phone Log • January 2010



A.A. Crisis	0
General Information	14
Family Help	4
Meeting Information	51
Central Office Business	21
Referrals for Medical Help, Detox, Hospital, etc.	0
Visitors	53

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.

Twelve Signs of a Spiritual Awakening

1. An increased tendency to let things happen rather than make them happen
2. Frequent attacks of smiling
3. Feelings of being connected with others and especially nature
4. Frequent, overwhelming episodes of appreciation
5. A tendency to think and act spontaneously rather than from fears based on past experience
6. An unmistakable ability to enjoy each moment
7. A loss of the ability to worry
8. A loss of interest in conflict
9. A loss of interest in interpreting the actions of others
10. A loss of interest in judging others
11. A loss of interest in judging self
12. Gaining the ability to love without expecting anything in return

Central Office Profit & Loss Report December 2009



Income

Sales Income

Conference Approved	\$1,154.30
Non-Conf	\$594.40
Sales Tax, S&H	\$156.15
Total Sales Income	\$1,904.85

Other Income

Group Contributions	\$1,256.37
Individual	\$1,013.44
Total Other Income	\$2,269.81

Total Income

\$4,174.66

Cost of Goods Sold

Conf Approved	\$(917.87)
Non-Conference	\$(383.88)
Total Cost of Goods Sold	\$(1,301.75)

Gross Profit/Loss

\$2,872.91

Expense

Freight	\$(59.09)
Editor	\$(140.00)
Copier Rental	\$(162.07)
Office Supplies	\$(127.90)
Payroll Expense	\$(710.76)
Postage	\$(122.85)
Rent	\$(435.00)
Sales Tax	\$(218.89)
Answering Service	\$(274.91)
Internet & Phone	\$(318.10)
Insurance	\$(36.33)
Total Expense	\$(2,605.90)

Net Income

\$267.01

Cards & Letters

Subject: SERCYPAA 2010
Date: Monday, December 28, 2009 10:30 AM
From: SERCYPAA louisville
[mailto:sercypaa2010@gmail.com]
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

Southeastern Regional Conference of Young People
in AA: Louisville KY July 29- Aug. 1 2010

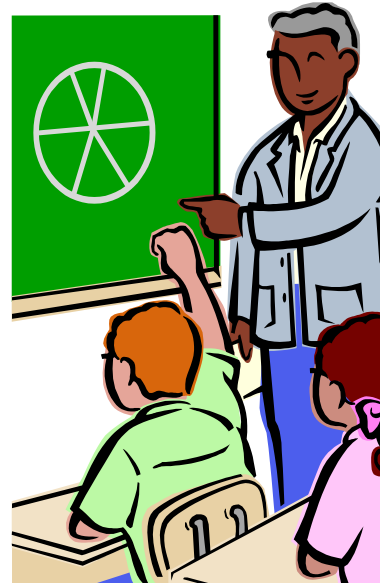
SERCYPAA
PO Box 7954
Louisville KY 40257
sercypaa2010@gmail.com
www.sercypaa2010.org
<http://www.sercypaa2010.org>

Ode To A Pickle

I once was a cucumber, now I'm a pickle.
I drank too much Smirnoff
And too much George Dickel.
I should have tried harder,
My efforts were fickle!
Alas, I can't go back...I'll always be a pickle!

Lana R.
Blountville, TN

*You can take a cucumber and turn it into a pickle,
not the other way around. But you can take a pickle
and turn it into a newcomer!*



“Professor, alkies can find the answer if they just rearrange a few of those lines!”

Step Two

Came to believe that a Power greater than ourselves could restore us to sanity.

“Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously. But where and how were we to find this Power?”

—Alcoholics Anonymous, page 45 (“We Agnostics”)

Tradition Two

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

“Where does A.A. get its direction? Who runs it? This, too, is a puzzler for every friend and newcomer.”

—Twelve Steps and Twelve Traditions, page 132

February Anniversaries

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

Back To Basics Group

Dick M	February 25	30 years
James P	February 18	22 years
Ralph M	February 3	33 years

Blue Ridge Group

Bobby F	February 22, 1997	13 years
Norwood B	February 23, 2005	5 years
Tom K	February 25, 1987	23 years

Conscious Contact Group

Ed F	February 3, 2002	7 years
Issabella G	February 18, 2007	3 years
Kathi G	February 1, 2007	3 years
Kathie K	February 12, 1994	16 years
Nancy K	February 12, 1992	18 years
Rowan	February 14, 1992	18 years
Sean F	February 7, 1999	9 years
Terry H	February 9, 1988	22 years
Will	February 11, 1983	27 years

Cumberland Group

Kristin W	February 20, 1992	17 years
Dan P	February 9, 1998	11 years

Grace Group

April S	February 9, 2009	1 year
Barbara B	February 8, 2002	8 years
Carolyn D	February 16, 2003	7 years
Chip T	February 14, 2008	2 years
Chris W	February, 20, 2004	6 years
David H	February 15, 2009	1 years
Geoff S	February 6, 2007	3 years
Holly M	February 24, 2008	2 years
Jack D	February 12, 1986	24 years
John W	February 28, 1986	24 years
Meghan J	February 26, 1988	22 years
Lu P	February 10, 2007	3 years
Lewis C	February 21, 2009	1 year
Margery K	February 22, 2004	6 years

Grace Group, con't.

Mary B	February 10, 1981	29 years
Mary F	February 1, 1991	19 years
Patrick S	February 12, 2005	5 years
Sabra R	February 15, 2008	2 years
Steve K	February 28, 2005	5 years
Susan D	February 15, 1986	24 years
Vanessa D	February 3, 2007	3 years

Hendersonville Group

Craf T	February 19, 1980	20 years
Mike T	February 6, 1990	10 years
Scott R	February ?	? years

Leicester Group

Gene M	February 4, 1973	37 years
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Traditional Group

Christina K	February 29, 2008	2 years
Frank W	February 2, 2006	4 years
Harmon J	February 24	? years
Jon W	February 29, 2009	1 year
Richard H.	February 14, 2005	5 years

Upward Group (Saluda)

Bobbie P	February 3, 1986	24 years
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Young People's Group

Johnny M	February 14, 2007	3 years
Sarah B	February 9, 2008	2 years



2010 Group Donations

	January	YTD		January	YTD
Acceptance Group	\$-	\$-	Locked In Forward Group	\$-	\$-
Against All Odds Group	\$-	\$-	Log Cabin Group	\$-	\$-
Andrews Group	\$-	\$-	Lunch Bunch (Sylva)	\$-	\$-
AVL Big Book Step Study Group	\$-	\$-	Maggie Valley Group	\$-	\$-
AWOL Group	\$-	\$-	Maple Grove Group	\$-	\$-
Back To Basics Group	\$-	\$-	Marion A.A. Group	\$-	\$-
Bethel Up The River Group	\$-	\$-	Marshall Group	\$-	\$-
Big Town Group	\$-	\$-	Mars Hill Group	\$-	\$-
Black Mountain Group	\$-	\$-	Men's Attitude Adjustment Group	\$-	\$-
Blue Ridge Group	\$-	\$-	Mid-Day Group	\$71.00	\$71.00
Brevard Serenity Group	\$-	\$-	Mill Spring Group	\$-	\$-
Brevard Sylvan Valley Group	\$-	\$-	Mission of Sylva Group	\$-	\$-
Bryson City Group	\$-	\$-	Miscellaneous	\$2.84	\$2.84
Burnsville Group	\$-	\$-	Monday Night Open	\$106.80	\$106.80
Came To Believe Group	\$-	\$-	Mountain View Group	\$160.00	\$160.00
Candler KISS Group	\$165.00	\$165.00	Mountainside Group	\$-	\$-
Cashiers Valley Group	\$-	\$-	Murphy Big Book Group	\$-	\$-
Chunn's Cove Men's Group	\$-	\$-	New Day Group	\$-	\$-
Clyde Group	\$-	\$-	New Hope Group	\$-	\$-
Columbus Group	\$110.00	\$110.00	No Name Group	\$-	\$-
Common Sense Group	\$25.23	\$25.23	No Nonsense Group	\$-	\$-
Conscious Contact Grp (AVL)	\$-	\$-	No Place Like Home Group	\$-	\$-
Conscious Contact Grp (Sapphire V.)	\$-	\$-	New Freedom Group	\$-	\$-
Cullowhee Valley Group	\$-	\$-	Nuevos Amigos Group	\$-	\$-
Cumberland Group	\$-	\$-	Nuevos Despertar Group	\$-	\$-
Daily Decisions Group	\$-	\$-	Old Fort Group	\$-	\$-
Day By Day Group	\$-	\$-	Pathfinders Group	\$-	\$-
District 71	\$100.00	\$100.00	Pisgah Group	\$-	\$-
Dry Dock Group	\$-	\$-	Plan B Group	\$-	\$-
Early Bird Group	\$-	\$-	Practicing Principles Group	\$25.00	\$25.00
Edneyville Group	\$-	\$-	Principles Group	\$-	\$-
11-11-11 Group	\$-	\$-	Recovery By The River Group	\$-	\$-
Fellowship Group	\$-	\$-	Renacimiento Group	\$-	\$-
Fireside Group	\$-	\$-	Roundtable Group	\$-	\$-
Fletcher Group	\$-	\$-	Safe N Sound Group	\$-	\$-
Fourth Dimension Group	\$-	\$-	Second Chance Group	\$-	\$-
Franklin Group	\$-	\$-	Seniors On Sobriety Group	\$-	\$-
Friday Women's Group	\$-	\$-	Serenity (Waynesville) Group	\$-	\$-
Good Livers Group	\$200.00	\$200.00	Serenity Seekers (Marion) Group	\$-	\$-
Grace Group (Asheville)	\$-	\$-	Serenity Service	\$50.00	\$50.00
Grace Group (Waynesville)	\$-	\$-	Sisters In Sobriety Group	\$-	\$-
Grace of God Group	\$-	\$-	Six O'Clock Open Group	\$-	\$-
Hand In Hand Group	\$-	\$-	Speed Bump Group	\$-	\$-
Happy Hour Group	\$-	\$-	Spruce Pine Group	\$-	\$-
Hayesville Group	\$-	\$-	Steppin' Up Group	\$-	\$-
Hayes Lunch Bunch Group	\$-	\$-	Strange Camels	\$10.00	\$10.00
Hendersonville Group	\$20.00	\$20.00	Sunshine Group	\$-	\$-
High Noon Group	\$-	\$-	Sylvan Valley Group	\$-	\$-
Hilltop Group	\$-	\$-	Three Alarm Group	\$-	\$-
Hot Springs Group	\$-	\$-	Thursday Afternoon Women's Grp	\$-	\$-
Individuals		\$1,013.41	Total Surrender Group	\$40.00	\$40.00
"The Promises"	\$1,000.00		Traditional Group	\$-	\$-
In memory of B.G.	\$10.00		Tryon Thursday Night Group	\$-	\$-
Scott B.	\$3.41		Tryon Tuesday Night Group	\$-	\$-
Joy of Living Group	\$50.00	\$50.00	Tuesday Night Men's Big Book Grp	\$-	\$-
Kanuga Group	\$22.50	\$22.50	Upward Group	\$-	\$-
Lambda Group	\$-	\$-	West Asheville Group	\$-	\$-
Ledger Group	\$-	\$-	Women Of Courage Group	\$98.00	\$98.00
Leicester Group	\$-	\$-	Women Of Grace Group	\$-	\$-
Library Group	\$-	\$-	Total Group & Individual	<u>\$2,269.81</u>	<u>\$2,269.81</u>



District Business

- **District 70, 71, and 80 GSRs:** please email the full roster of your 2010 trusted servants's contact information (phone and email) to Central Office. Information can flow more readily to the proper committee heads if this info is on file at Central Office!
 - **District 71 Business Meeting** Saturday, March 13, 2010, 11 am, at the Pardee Educational Annex at the Blue Ridge Mall in Hendersonville, NC. Contact: Karen B. 828 / 577-6087
-

In Memoriam

This new feature will be to honor the memory of A.A. members who recently have passed on to The Great Meeting Upstairs. Please send info to ncmco@bellsouth.net.

Gene & Maureen McFadden
Together in A.A. 35 Years
Happy Hour Group
Hendersonville

Chuck Gleason
Conscious Contact Group
Asheville

Central Office Reps' FYI

- **Central Office Representatives (CORs)** meet on a quarterly basis, on the *last Sunday* of the *first month* of the quarter. The 2010 schedule is as follows:

January 31 • April 25 • July 25 • October 31

- A limited number of CDs and hard copies of the NCMCO By-Laws (approved October, 2009), plus its complete Advisory Actions for 1977–2002, will be available at the next COR meeting (January 31; see above). To save \$, Central Office prefers that you stop by the office to pick up your copy, if you can't make the meeting—or request a pdf version, by email [<ncmco@bellsouth.net>](mailto:ncmco@bellsouth.net) subject line: Send By-Laws.