



August 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)

Central Office Sober Day Supper

Spaghetti ☆ Skits ☆ Service

Saturday, Aug 21 • 5–7:30pm

Tuton Hall ☆ Trinity Episcopal Church

Dinner \$5 per person

See inside for more info

District 70 BBQ Picnic & AA Memorabilia Auction

Saturday, August 28

Noon to 4 p

Rec Park • 72 Gashes

Creek Rd • Asheville

Bring A Covered Dish
to Share

\$5 Suggested Donation

See the flyer insert (inside) for
more info, driving directions



The Hendersonville Group

celebrates its 65th Anniversary

August 22 from 2:30 until ?

Join us for an afternoon of fellowship. Speakers will reminisce about the Group's history.

Please bring a heavy hor d'oeuvre. Drinks and coffee provided.

1620 Willow Road, Hendersonville

(Across from the Valley Hill Fire Dept.)

Single Issues of La Viña
Now on Sale at
Central Office!
Obtenga el suyo hoy!

Central Office Reps' FYI

The Central Office Representatives (CORs) meet quarterly, on the last Sunday of the first month of each quarter.

The last 2010 meeting is October 31.

Meeting Updates



New meeting: **New Life Big Book** meets 12 noon on Fridays at St. James Episcopal Church (across from CVS) in Black Mountain (O, BB). Contact: Brenda W. (828) 275-8202

Log Cabin Group in Hendersonville (Tuesday 8:00 pm) meeting has been cancelled.
Conscious Contact (Asheville Community Center, Saturday 6:30 pm) has been cancelled.
Arden Living in the Solution Group (Wednesday, 6:30 pm, St. Barnabas Catholic Church) has been temporarily cancelled

New group: **Around the Room Group** (Friday, noon) meets at Grace Episcopal Church Library, 871 Merrimon Avenue (C, SS)

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 September Issue is
August 15*

GOOD WORDS

Big Rock

All alone on the Big Rock, out in the grassy field
Staring at the mountains, wondering what it means to be real

Nothing I've ever tried, worked for very long
I failed at everything--sold my talents for a song

All my hopes they turned to ashes
All my dreams were scattered to the winds

And whenever I've reached my heart out
Love's rejection became a rout

And if I really tried, I could almost see the goal
Until my plans fell apart, leaving me shivering in the cold

Seems the Creator wants me to learn, each day something anew
Sitting on this Big Rock, I'm struck dumb without a clue

So I perch up on the Big Rock, huddle alone against the sky
Crying out for help, because I'm too afraid to try

Anonymous

Not

What did the piece in the newspaper say but how many were sorry when she passed away? I was awed by the going away party held for Eleanor D., our former institutions committee chairperson. Her sudden departure leaves more than a hole, it creates a chasm. The ranks of the broken-hearted appear to be endless but hearts and snakes have something in common: they have to shed their skins to grow. A heart that's been broken is capable of greater love, and loving each other is our job. Our debt of gratitude can be repaid in acts of service, and it appears to be our turn. Opportunities are endless.

Ocean S.

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

In Memoriam

Debbie E. passed away peacefully on June 16, 2010. She was a member of the Brevard Joy of Living Group and would have celebrated 10 years of sobriety on July 21. Debbie touched many lives, and she will be dearly missed.

Central Office Profit & Loss Report June 2010

Income	
Sales Income	
Conference Approved	\$1,336.70
Non-Conference Approved	\$502.23
Sales Tax, S&H	\$175.66
Total Sales Income	<u>\$2,014.59</u>
Other Income	
Group Contributions	\$1,044.44
Individual Contributions	\$10.00
Total Other Income	<u>\$1,021.44</u>
Total Income	<u><u>\$3,036.03</u></u>
Cost of Goods Sold	
Conference Approved	-\$1,253.45
Non-Conference Approved	-\$399.81
Total Cost of Goods Sold	<u>-\$1,671.66</u>
Gross Profit/Loss	<u><u>\$1,386.37</u></u>
Expense	
Freight	-\$24.72
Editor & Office help	-\$150.00
Copier Rental	-\$150.64
Office Supplies	-\$41.10
Payroll Expenses	-\$839.69
Postage	-\$139.14
Rent	-\$444.00
Sales Tax	-\$158.2
Answering Service	-\$211.00
Internet and Telephone	-\$280.13
Insurance	-\$36.33
Total Expense	<u>-\$2,475.01</u>
Net Income	<u><u>-\$1,088.64</u></u>

Call & Visitor Log June 2010

A.A. Crisis	0
General Information	9
Family Help	15
Meeting Information	47
Central Office Business	38
Referrals (Detox, etc.)	2
Visitors	73



Working Capital June 2010

Savings	\$4,822.38
Checking	848.25
Petty Cash	150.00
Total	\$5,820.62

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.

Conference Info

24th Annual Tampa Bay
Fall Roundup
Labor Day Weekend!
September 3–6
Tampa, Florida

www.Tampabayfallroundup.com
or email
G.Luker@verizon.net

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 for
flyer and contact information

Sober Day Supper: Skit Time

Here's your chance to have everyone's attention on you at center stage! AA skits are a lot of fun to write, direct (!), cast, rehearse and, of course, perform. Central Office is looking for fun, fast, and furious (but in a good way) brief recovery skits by enthusiastic AAs, for the upcoming Sober Day Supper (August 21, at Tuton Hall in Asheville). Questions? Contact Rob W., ("The Skit Dude") at robw28731@bellsouth.net.

—Your Central Office Board

Of Note

Grapevine Single Issues Available

Have you heard that the *Grapevine*, our "meeting in print," is struggling to remain self-supporting—and has been for quite some time? Magazines—indeed, printed periodicals of all kinds—are less popular now that the Internet provides so much free information. And AAs, like so many others, are feeling a financial pinch. But wouldn't it be a shame if the print versions of the *Grapevine* and *La Viña* (the Spanish-language version) were no longer available at all?

Central Office wants you to discover what valuable resources these pocket-sized journals are. Starting this month, single issues of the GV and LV can be found (and purchased) at CO. The July/August *La Viña* has already arrived and August's English issue will be coming about mid-month. (LV is bimonthly while the GV is monthly.)

Here's your chance to see what a tremendous resource our meeting-in-print can be for a sponsee, a group, a shut-in—or yourself. And of course you can subscribe online. www.aagrapevine.org.

From the Archives: Bill W. on Self-Support

“Now where do AA's service[s] worldwide, area, local—fit into our scheme of things? Why should we provide these functions with money? The answer is simple enough. Every single AA service is designed to make more and better Twelfth Step work possible, whether it be groups, meeting places, a center or Intergroup office...or the World Service Headquarters to maintain unity and effectiveness all over the globe. Though not costly, these service agencies are absolutely essential to our continued expansion—to our survival as a Fellowship. Our support of services actually amounts to a recognition on our part that AA must everywhere function in full strength—and that, under our tradition of self-support, we are all going to foot the bill.

“But these principles we understand: that AA wants no charity and that we support our own services. We understand—but we sometimes forget.”

Language of the Heart, pages 349–350

From a recent Grapevine Online Poll...

How long do you meditate?

Total Responded: 1,354

40.62% Not at all 550 votes

38.04% Up to 15 minutes 515 votes

15.73% 15–30 minutes 213 votes

5.61% More 76 votes

August Anniversaries

Asheville Big Book Step Study Group

Harry S	August 6, 1984	26 years
Mary T	August 21, 1987	23 years

Back to Basics Group

Diane M	August 9, 1993	17 years
Pete M	August 9, 1983	27 years

Blue Ridge Group

Don F	August 18, 1970	40 years
John G	August 19, 1990	20 years

Brevard Serenity Group

Barbara E	August 21, 1990	20 years
Paul W	August 3, 1997	13 years

Conscious Contact Group

Andrew C	August 4, 2008	2 years
Brad S	August 2, 2001	9 years
Brent R	August 25, 2000	10 years
Brent R	August 25, 2009	1 year
Ed B	August 3, 2009	1 year
Isis S	August 12, 2009	1 year
Jen L	August 8, 2008	2 years
Joe S	August 23, 2009	1 year
Kathleen K	August 6, 1987	23 years
Le'Ann M	August 8, 2008	2 years
Ralph A	August 24, 2009	1 year
Ray S	August 7, 2006	4 years
Sue T	August 6, 2003	7 years
Wendy B	August 30, 2006	4 years

Cumberland Group

Bob R	August 7, 1983	27 years
Lynda M	August 6, 1985	25 years
Wayne B	August 15, 2005	5 years

Good Livers Group

Dale N	August 31, 1986	24 years
Frank C	August 30, 1986	24 years

Happy Hour Group

Bob I	August 1, 2005	5 years
Debbie R	August 22, 2002	8 years

Leicester Group

Ann I	August 6, 1989	21 years
Wayne B	August 15, 2005	5 years

Mars Hill Group

Diane McG	August 9, 1993	17 years
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New Freedom Group

Jeff R	August 2, 1981	29 years
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Traditional Group

Joe S	August 31, 2009	1 year
Kenneth W	August 7, 2006	4 years
Lee R	August 1, 2005	5 years
Richard T	August 7, 1984	26 years
Wayne B	August 16, 2005	5 years

Young People's Group

Ian B	August 25, 2007	3 years
Jason M	August 4, 2009	1 year
Jeff H	August 28, 2009	1 year
Kevin N	August 10, 2009	1 year
Rachel C	August 8, 2009	1 year
Rachel S	August 25, 2009	1 year
Robert C	August 23, 2009	1 year
Zack M	August 1, 2009	1 year

No Group Name Given

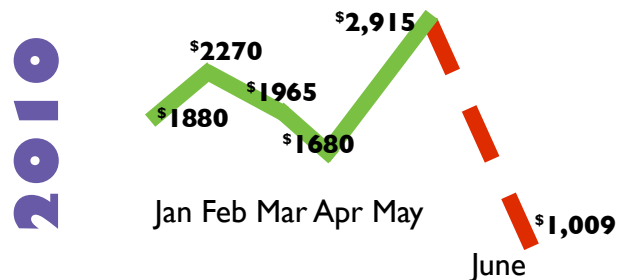
Carol P	August 11, 1994	16 years
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Group secretaries, save time and trouble! Email all your group members' anniversaries for 2010. (Otherwise, send announcements to the office by the 15th of the month prior to the anniversary month. We'll do our best to include late submissions.)

Group Donations

	June	2010 YTD
Acceptance Grp 122-477	\$0.00	\$593.83
AVL BigBookStepStudy 637-843	\$0.00	\$120.49
Back to Basics 147-139	\$0.00	\$200.00
Big Book Study Grp	\$0.00	\$21.25
Big Town Grp	\$0.00	\$132.52
Blue Ridge Grp 110-557	\$0.00	\$50.00
Came to Believe Grp 611-288	\$0.00	\$50.00
Candler KISS Grp 163-148	\$0.00	\$45.00
Cashiers Valley Grp 122-589	\$0.00	\$156.40
Common Sense Grp 179-909	\$55.56	\$156.08
Conscious Contact (AVL)	\$0.00	\$1,100.00
Cumberland Grp 122-472	\$0.00	\$480.00
Day by Day Grp 159-058	\$216.20	\$485.83
Early Birds 612-780	\$0.00	\$344.91
Edneyville Group 605-968	\$10.00	\$60.00
Eleven-Eleven-Eleven Grp	\$0.00	\$35.00
Fellowship Grp, Fletcher 655-542	\$0.00	\$243.00
Fireside Group 06-550	\$0.00	\$100.00
Fletcher Group 110-465	\$25.00	\$25.00
Good Livers Grp 666-360	\$115.00	\$340.00
Grace Group 161-970	\$0.00	\$1,666.09
Grace of God Group of HVL	\$0.00	\$70.00
Hand-in-Hand Grp	\$0.00	\$75.00
Happy Hour Grp 169-182	\$0.00	\$225.00
Hendersonville Grp	\$0.00	\$20.00
High Noon Grp	\$0.00	\$100.00
Individual Contributions (Misc.)	\$0.00	\$9.24
Bob P.	\$0.00	\$200.00
In Memory of B.G.	\$10.00	\$60.00
Joy of Living Grp 629-397	\$100.00	\$125.00
Kanuga Grp	\$22.50	\$90.00
Last Chance Grp, The	\$0.00	\$30.00
Leicester Grp 143-417	\$0.00	\$25.00
Library Grp 672-283	\$0.00	\$30.00
Mars Hill Group 130-895	\$100.00	\$100.00
Marion AA Grp 110-621	\$0.00	\$100.00
Mid Day Grp (HVL)	\$75.00	\$442.00
Mill Spring Grp 656-821	\$0.00	\$45.00
Mission Grp of Sylva 606-119	\$0.00	\$50.00
Monday Night Open Meeting	\$0.00	\$230.99
Mountainside Group 133-504	\$60.00	\$60.00
Murphy Big Book Grp	\$10.00	\$20.00
New Freedom Grp	\$25.00	\$85.00

Pisgah Grp	\$0.00	\$9.14
Plan B Grp	\$0.00	\$150.00
Practicing Principles Grp 667-311	\$0.00	\$40.00
Principles Grp	\$6.06	\$6.06
Recovery by River 674-892	\$0.00	\$133.04
Second Chance Grp Cherokee	\$0.00	\$40.00
Serenity Service 110-498	\$50.00	\$300.00
Skyland Meeting 693-372	\$0.00	\$25.00
Soteria Staying Sober LLC	\$0.00	\$0.33
Speed Bump Grp	\$0.00	\$50.00
Sunshine AA Grp	\$0.00	\$100.00
Three Alarm Grp	\$0.00	\$60.00
Thurs Afternoon Woman's Grp	\$0.00	\$50.00
Total Surrender	\$0.00	\$80.00
Tryon Tuesday Grp	\$0.00	\$50.00
Tryon 12 & 12 690-877	\$0.00	\$63.25
TuesNi Men's BBStepStudyGrp 681-242	\$44.94	\$44.94
Waynesvl Grace Grp 110-692	\$0.00	\$95.18
West Asheville Grp 110-501	\$0.00	\$25.00
Woman's Way Step Study Grp	\$0.00	\$31.00
Women of Courage	\$119.00	\$119.00
Women of Grace Grp	\$0.00	\$65.05
Young People's Grp 645-646	\$0.00	\$196.00



Are you a Faithful Fiver yet? That's an AA 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.

Please, keep helping your Central Office to pay its rent, man the phones, and stock literature for you. In these tough economic times, gratitude is worth its weight in gold!

District News

- The next meeting for **District 71** is Saturday, September 11, 2010, 11:00 am, at the Pardee Educational Center, Blue Ridge Mall, Hendersonville. The last meeting of the year will take place Saturday, November 13, 2010, 11:00 am, at the Pardee Educational Center, Blue Ridge Mall, Hendersonville.
- Where to get info from your district: **District 70** www.ashevilleaa.org; **District 71** www.district71nc.org; **District 80** www.aawnc80.org.
- 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 ncmco@bellsouth.net.
- Congratulations, **District 70**, on the launch of your fab new website! Check it out at www.ashevilleaa.org.

FICTION CORNER

Big Al

Alice P., aka Big Al, showed up one Friday night at the Marshall Group, the largest speaker/discussion meeting in town. She didn't look so good, having made her way, we found out later, across the French Broad earlier that evening. In January. Everyone turned around and stared at this ice-water dripping woman—big, like I said—wearing nothing but jeans and a flannel shirt, a pair of decrepit Keds gracing her size-12 feet. She had a big 'ol bruise on her forehead, probably a few hidden ones too, from slipping across the River. She had that wild look in her eye, a cross between a deer in the headlights and a rabid cougar, a look we'd all seen before. She made a beeline toward the chairwoman's table and Georgia W. jumped up and took a step back. We may have seen that look before but not on a soggy woman the size of a pro fullback who was weaving across the room. We all waited for Big Al to say something.

She grabbed my hands. Felt like rocks in frozen vodka. "Where am I?" she breathed at me. Hadn't



Thanks to Suzanne T. for her photo.

caught a whiff like that since Marty J. had come around.

“AA,” I said, trying to extract my hands from her death grip. Later, I was to tell her it felt like I was pulling her out of the river. “Thank God,” she said, and dropped to the floor, white as a sheet and appearing to be as close as you could get to being the first DOA at the Marshall Group Friday Night speaker/discussion meeting. At least as far as we knew.

To be continued...

Names and situations in this story are completely fictional and the sole invention of “The Marshall Group Gadabout”—a nom de plume—and are not intended to represent that group’s conscience as a whole. It’s humor, folks.



Recycle this
newsletter!



North Carolina
Mountain
Central Office

Sober Day Supper

Questions? Call the Office!
828-254-8539

Spaghetti • Skits • Service

Sat, Aug 21 • 5–7:30p • Tuton Hall

(Trinity Episcopal Church • Church & Aston Sts • Asheville)

Menu • \$5 per person

Pasta with Marinara (vegetarian) and Meat Sauce

Salad with Dressings

Garlic bread served w/ whipped butter & herb-infused olive oil

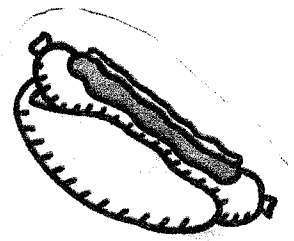
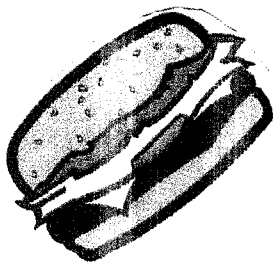
Sponge cake with fresh strawberries & whipped cream

Served with love by Chef Harry S.

♥ *Info-sharing on Central
Office—what it does & why!*

✿ *Not-ready-for-prime time
players act & sing—sober!*

Not a fund-raiser...more like a FUN-raiser!



BBQ/PICNIC

&

AUCTION OF A.A. MEMORABILIA

Sponsored by District 70 Events Committee

Saturday, August 28, 2010 12:00PM – 4:00PM

Rec Park
72 Gashes Creek Road
Asheville, NC 27805

Come join us for an afternoon of:

Food, Fun, & Fellowship

Raffle Volleyball Fishing Hiking

Suggested Donation - \$5.00

Please bring a covered dish to share

Directions: Take I – 240, At Exit 8/US 74 follow signs to the WNC Nature Center, take right on to NC – 81. Go 0.7 mi. Turn right on to Azalea Rd; go 0.1 mi, turn right on to Gashes Creek Road, go 0.1 mi. park is on the left.

Note: Please bring your own blankets, lawn chairs and sporting equipment.

Contact: Ruthie C. 828.668.9861 or Marjorie T. 828.707.1113

