

September 2010



Mountain Doings Central Office Newsletter

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

The Office will be closed, in observance of Labor Day, on Monday, September 6. The Office will be closed, in observance of Labor Day, on Monday, September 6. The Office will be closed, in observance of Labor Day, on Monday, September 6. The Office will be closed, in observance of Labor Day, on Monday, September 6.

Central Office
Sober Day
Supper
Highlights inside



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



FIRST STEP FARM
Community Appreciation Day
September 18 • Noon til 3

Food • Friendship • Flowers • Music.
See flyer inside



What Are the Benefits of Serving Your Group as A COR?

- Low-maintenance, short-term service work*
- You're the first to know some stuff
- A fully accredited AA position
- Stepping-stone to other group service
- Involved alcoholics can be grateful alcoholics

Volunteer at Your Home Group Today!

**Compared to serving as a GSR*

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

and is held at 219 Chunn's Cove Road (St. Luke's Episcopal Church), Asheville.



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)

*Send Your Pix
Deadline for October Issue is
September 15*

GOOD WORDS

I Saw It All: Stories from the 75th International Convention

Hi, my name is Monique, I'm an alcoholic and my sobriety date is November 14, 2003. Asheville Big Book Step Study is my home group, I have a sponsor and I'm an alternate COR.

I'd like to share with you one of the most amazing experiences of my life. I was blessed to attend the 75th International AA Convention, in San Antonio, over the July 4th weekend. It was mindboggling that total strangers from all over the world and of different cultural backgrounds were capable of becoming instant friends through a common language. Everywhere I looked I saw smiling faces, laughter, and new friendships being formed...

From day classes to night dances, my schedule was packed with fun workshops, speakers, AA shopping, dancing, drinking coffee, and sharing meals with newly made friends. I ran from one workshop to the next as fast as I could, not wanting to miss a single thing.

The Grapevine workshop was especially inspiring because I didn't realize I could submit pictures and written experiences to them for possible publication. (I thought, "Wow, a drunk like me, published in the Grapevine—that would be something incredible!").

The meetings in the Alamodome were breath taking. I looked with awe across the sea of happy faces, realizing I was not alone, but surrounded by my HP and thousands of people who had come to share their experi-

ence, strength and hope with one another. Words cannot begin to describe the love and acceptance I felt that special weekend.

Relationships & The Family

Recently I went on a vacation with my family. Like other vacations, weddings, and funerals, everyone was freely talking about the people in their life. Not me, I didn't even feel it appropriate to mention her name. It was not until near the end of the trip that she was even briefly pointed out. After over sixteen years as a loosely knit couple, no one acknowledged her. If it had been up to me I would have brought her along.

We met on Valentine's Day 1994 and we were both at work that evening. I approached her and asked, "What is a pretty little thing like you working on Valentines Day Night?" We went out later that evening and in two weeks we were a couple. Everything was alright until Autumn of 2003 when we both began to experiment with alcohol and drugs. Things quickly tore apart. We both separately began our roads into recovery in 2005. By 2009 we were a couple again, and now it seems as if things are near where they were in the 1990's. But I suppose that the family will always view us in that slot of bad times. Never mind the preceding nine years of happiness. I can't fix my relatives nor their viewpoints. Now all I can do is grow, a bit more divided in the family however, but growing nevertheless. Acceptance. —R.

David Allan
(Alan) Hepburn

In Memoriam

January 16, 1929–
July 18, 2010

Allan (Alan) Hepburn, co-founder, with his wife Beth, of the Early Bird Group in Flat Rock, died on July 18, 2010. A memorial service, well attended by his AA friends, was held on July 25. Allan came to us from the UK in the late 1980's and regularly attended meetings of several area groups in the area. About three years ago his Alzheimer's reached a point at which he was unable to attend. He kept us entertained, educated and encouraged with his many sea stories and memories of his UK sponsor, Mick. The following is from a letter from his son, John, which was read at the memorial service: "He had a difficult time after Mum died, and went to stay with his mother, Annie, in Hendersonville, where he eventually settled and was remarried, to Beth and then Maggie. You will have many memories of him from that time on. I know that he felt at home with you all, and that AA in particular provided him with a sense of belonging and of purpose. At this time it is customary to ignore someone's faults. But in Dad's case it is right to remember that, like all of us, he was not without them. And in remembering that we can remember that in dealing with his own alcoholism he inspired others and helped them overcome their own failings."

Central Office Profit & Loss Report July 2010

Income	
Sales Income	
Conference Approved	\$1,597.25
Non-Conference Approved	\$524.88
Sales Tax, S&H	\$226.30
Total Sales Income	<u>\$2,348.43</u>
Other Income	
Group Contributions	\$3,465.62
Individual Contributions	\$11.69
Total Other Income	<u>\$3,477.31</u>
Total Income	<u>\$5,825.74</u>
Cost of Goods Sold	
Conference Approved	-\$1,423.18
Non-Conference Approved	-\$383.95
Total Cost of Goods Sold	<u>-\$1,807.13</u>
Gross Profit/Loss	<u>\$4,018.61</u>
Expense	
Freight	-\$65.13
Editor & Office help	-\$100.00
Copier Rental	-\$170.27
Office Supplies	-\$58.09
Payroll Expenses	-\$710.75
Postage	-\$94.30
Rent	-\$444.00
Sales Tax	-\$164.34
Answering Service	-\$272.59
Internet and Telephone	-\$385.36
Insurance	-\$36.33
Total Expense	<u>-\$2,501.16</u>
Net Income	<u>\$1,517.45</u>

Call & Visitor Log July 2010

A.A. Crisis	0
General Information	17
Family Help	6
Meeting Information	40
Central Office Business	47
Referrals (Detox, etc.)	2
Visitors	85



Working Capital July 2010

Savings	\$5,024.37
Checking	2,025.19
Petty Cash	150.00
Total	\$7,199.56



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



Sober Day Supper: Now That's Entertainment!

Last spring, the Central Office Board started kicking around ideas about how to increase awareness of the services that Central Office provides to Districts 70, 71, and 80. We hoped to draw AAs from all over and were gratified with the results. Over 140 people ate a fantastic \$5 meal, laughed at wacky sober skits, and marvelled at beautiful vocal performances. We saw old friends, thanked Office and 12-Step volunteers, and closed with blessings in five foreign languages (six, if you count the borough of Queens). See you there next year!

— Your Central Office Board

Of Note

Grapevine & *La Viña* Single Issues For You

After 66 years, the *Grapevine*, our “meeting in print,” is struggling to remain self-supporting—and has been for quite some time. 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 encourages you to discover what valuable resources these pocket-sized journals are. Single issues of the GV and LV can be found (and purchased) at CO. The July/August *La Viña* has already arrived and September's GV issue is now in the office. (LV is bimonthly; the GV is monthly.)

Here's your chance to see what a tremendous resource AA's 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.

History of Love and Service

The principles of the Ninth Tradition...make sure that love continues to flow outward. Early members started The Alcoholic Foundation, now the General Service Board, to ensure the long-term fiscal and policy integrity of our Fellowship. They organized a Headquarters Office, now known as the General Service Office. They started Works Publishing, now known as AA World Services, Inc. to handle our publishing and services. They implemented the General Service Conference as the successor to our co-founders and early members.

Over the years AA has developed a network of service entities: areas, districts, groups, committees on Public Information, Literature, Corrections, Treatment Facilities, Cooperation with the Professional Community, Hospitals and Institutions, Young People, Elder Communities, Bridging The Gap, Special Need/Accessibilities and similar issues.

— Akron InterGroup News, Vol. 8, Issue 10, p. 5

AA GRAPEVINE *featurette*

September's online and print issues contain

- **Features on Special Needs**
- **Events (Roundups! Soberfests!)**
- **Story of the Day** *online only*
- **iPoll Results** *online only*
- **Step 9/Tradition 9**
- **Much, much more!**

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

September Anniversaries

Back to Basics Group

Cate M	September 25	28 years
Ginger H	September 13	19 years
Jeff G	September 6	21 years

Blue Ridge Group

Tom H	September 5, 1990	20 years
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Conscious Contact Group

Casey S	September 11, 2000
Janice N	September 24, 1975
Mark W	September 15, 2006
Mary C	September 3, 1987
Murri	September 12, 1984
Nelson P	September 30, 1997
Norman P	September 4, 2008
Steve L	September 24, 1988

Cumberland Group

John S	September 24, 2008
Michael P	September 28, 2007
Sean B	September 24, 2008
Tadd C	September 14, 1987

Fletcher Group

George	September 30, 1989
Miliam W	September 28, 1990

Good Livers Group

Lee R	September 21, 1982	24 years
Randi B	September 8, 1990	20 years

Grace Group

Audrey Y	September 21, 2002
B V	September 8, 2009
Bill E	September 30, 1994
Casey S	September 11, 2000
Dave M	September 17, 1996
Don B	September 2, 1990
Elizabeth B	September 1, 1990
John M	September 18, 2002
Jon B	September 1, 2003
Nat C	September 26, 1989
Rufus L	September 15, 2009
Shari D	September 11, 2007
Tim R	September 17, 2007
Vivian G	September 26, 1986

Leicester Group

Bob R	September 7, 1983
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Mars Hill Group

Jeff G	September 6, 1989
John C	September 26, 2009

Young People's Group

Hunter W	September 13, 2005
Michell M	September 10, 2005
Nicky A	September 26, 2009
Roland T	September 13, 2007
Travis F	September 3, 2005

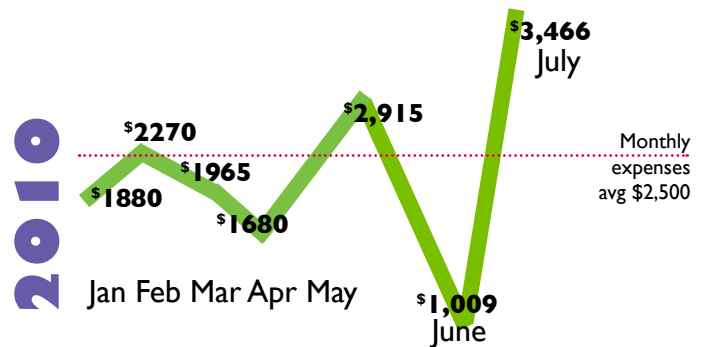
My face is red! The Conscious Contact anniversaries printed in the August Mountain Doings were actually *Grace Group* members. My apologies to the August celebrants—their milestones are noted below. Congratulations to you all! — *Ed*.

Grace Group August Anniversaries

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

Group Donations\$

	July	2010 YTD		July	2010 YTD
Acceptance Grp 122-477	\$364.00	\$957.83	Murphy Big Book Grp	\$0.00	\$20.00
AVL BigBookStepStudy 637-843	\$0.00	\$120.49	New Freedom Grp	\$25.00	\$110.00
Back to Basics 147-139	\$200.00	\$400.00	Pisgah Grp	\$0.00	\$9.14
Big Book Study Grp	\$0.00	\$21.25	Plan B Grp	\$0.00	\$150.00
Big Town Grp	\$66.54	\$199.06	Practicing Principles Grp 667-311	\$60.00	\$100.00
Blue Ridge Grp 110-557	\$25.00	\$75.00	Principles Grp	\$6.06	\$6.06
Brevard Serenity Group 631-231	\$75.00	\$75.00	Recovery by River 674-892	\$55.60	\$188.64
Came to Believe Grp 611-288	\$0.00	\$50.00	Safe and Sound 645-654	\$57.18	\$57.18
Candler KISS Grp 163-148	\$90.00	\$135.00	Second Chance Grp Cherokee	\$0.00	\$40.00
Cashiers Valley Grp 122-589	\$252.00	\$408.40	Serenity Service 110-498	\$0.00	\$300.00
Common Sense Grp 179-909	\$32.17	\$188.25	Serenity Sisters Group	\$60.00	\$60.00
Conscious Contact (AVL)	\$300.00	\$1,400.00	Skyland Meeting 693-372	\$0.00	\$25.00
Cumberland Grp 122-472	\$0.00	\$480.00	Soteria Staying Sober LLC	\$0.00	\$0.33
Day by Day Grp 159-058	\$0.00	\$485.83	Speed Bump Grp	\$0.00	\$50.00
Early Birds 612-780	\$253.53	\$598.44	Sunshine AA Grp	\$0.00	\$100.00
Edneyville Group 605-968	\$0.00	\$60.00	Three Alarm Grp	\$30.00	\$90.00
Eleven-Eleven-Eleven Grp	\$0.00	\$35.00	Thurs Afternoon Woman's Grp	\$50.00	\$100.00
Fellowship Grp, Fletcher 655-542	\$100.00	\$343.00	Total Surrender	\$40.00	\$120.00
Fireside Group 655-542	\$100.00	\$100.00	Tryon Tuesday Grp	\$0.00	\$50.00
Fletcher Group 110-465	\$0.00	\$25.00	Tryon 12 & 12 690-877	\$0.00	\$63.25
Good Livers Grp 666-360	\$0.00	\$340.00	TuesNi Men's BBStepStudyGrp 681-242	\$0.00	\$44.94
Grace Group 161-970	\$0.00	\$1,666.09	Waynesvl Grace Grp 110-692	\$213.00	\$308.18
Grace of God Group of HVL	\$0.00	\$70.00	West Asheville Grp 110-501	\$0.00	\$25.00
Hand-in-Hand Grp	\$0.00	\$75.00	Woman's Way Step Study Grp	\$0.00	\$31.00
Happy Hour Grp 169-182	\$0.00	\$225.00	Women of Courage	\$0.00	\$119.00
Hendersonville Grp	\$0.00	\$20.00	Women of Grace Grp	\$30.10	\$95.15
High Noon Grp	\$120.00	\$220.00	Young People's Grp 645-646	\$0.00	\$196.00
Hot Springs Meeting	\$100.00	\$100.00			
Individual Contributions (Misc.)	\$0.00	\$9.24			
Bob P.	\$0.00	\$200.00			
In Memory of B.G.	\$10.00	\$70.00			
Joy of Living Grp 629-397	\$0.00	\$125.00			
Kanuga Grp	\$22.50	\$112.50			
Last Chance Grp, The	\$20.00	\$50.00			
Leicester Grp 143-417	\$0.00	\$25.00			
Library Grp 672-283	\$0.00	\$30.00			
Marshall Group 110-489	\$75.00	\$75.00			
Mars Hill Group 130-895	\$0.00	\$100.00			
Marion AA Grp 110-621	\$0.00	\$100.00			
Mid Day Grp (HVL)	\$88.00	\$530.00			
Mill Spring Grp 656-821	\$10.00	\$55.00			
Mission Grp of Sylva 606-119	\$50.00	\$100.00			
Monday Night Open Meeting	\$111.00	\$341.99			
Mountainside Group 133-504	\$0.00	\$60.00			
Mountain View Group 110-598	\$240.00	\$240.00			



Thank you, groups, for your generous support of our financial stability. Hugs all around!

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 nemco@bellsouth.net.
- Congratulations, **District 70**, on the launch of your fab new website! Check it out at www.ashevilleaa.org.

YA'LL COME

COMMUNITY APPRECIATION DAY

PIG PICKIN'

FIRST STEP FARM OF WNC, INC.

MEN'S FACILITY

215 BLACK OAK COVE ROAD – CANDLER, NC 28715

SEPTEMBER 18, 2010

NOON - 3:00 P. M.

FUN * FRIENDSHIP * FLOWERS * MUSIC

NO CHARGE FOR MEAL

DONATIONS ARE ACCEPTED AND APPRECIATED (TAX DEDUCTIBLE TO OUR NON-PROFIT CORPORATION).
THIS EVENT IS FUNDED BY THE SALE OF PRODUCE FROM THE FIRST STEP FARM GARDENS.



Recycle this
newsletter!



Thanks to Anonymous for her photo.

Serving AA Since 1974!

Central Office Manager **Myra B**
The Volunteers A Cast of Thousands!

2010 Board of Directors

Chair **John G**

Alternate Chair **George D**

Treasurer **Bob S**

Secretary **Pete S**

*Trustee** (District 80) **open**; please apply within

Trustee (District 71) **Rob W**

Trustee (District 70) **Suzanne T**

*Trustees serve three-year terms.