

Mountain Doin's

Central Office Newsletter  February 2011

Central Office Reps' FYI

The Central Office Representatives (CORs) meet quarterly, at 2p.m. on the *last Sunday of the first month of each quarter*. The 2011 meeting schedule is January 30, April 10 (due to Easter), July 31, and October 30.

Send event fliers, anniversaries, etc. to ncmco@bellsouth.net by February 15

February Anniversaries

Asheville Big Book Step Study Grp

| | | |
|-----------|-------------------|---------|
| Chris L. | February 24, 2004 | 7 years |
| Claire | February 16, 2009 | 2 years |
| Roseann N | February 2, 2010 | 1 year |

Back to Basics Group

| | | |
|----------|-------------------|----------|
| Dick McG | February 25, 1980 | 31 years |
|----------|-------------------|----------|

Brevard Serenity Group

| | | |
|----------|-------------------|----------|
| Jenny B. | February 28, 1995 | 16 years |
|----------|-------------------|----------|

Columbus Group

| | | |
|----------|-------------------|---------|
| Gaden C. | February 6, 2003 | 8 years |
| Tonia B | February 14, 2010 | 1 year |
| Homer H | February 15, 2002 | 9 years |
| Marie S | February 19, 2010 | 1 year |
| Sherry F | February 25, 2005 | 6 years |

Cumberland Group

| | | |
|-----------|-------------------|----------|
| Kristin W | February 20, 1992 | 19 years |
| Dan P | February 9, 1998 | 13 years |
| Ralph M | February 3, 1977 | 34 years |

Fletcher Group

| | | |
|--------|-------------------|----------|
| Gary D | February 10, 1991 | 20 years |
|--------|-------------------|----------|

Grace Group

| | | |
|-----------|-------------------|----------|
| Kathy G | February 1, 2007 | 4 years |
| Mary F | February 1, 1991 | 20 years |
| Geoff S | February 6, 2007 | 4 years |
| April S | February 9, 2009 | 2 years |
| Mary B | February 10, 1981 | 30 years |
| Jack D | February 12, 1986 | 25 years |
| Patrick S | February 12, 2005 | 6 years |
| Chip T | February 14, 2008 | 3 years |
| David H | February 15, 2009 | 2 years |
| Sabra R | February 15, 2008 | 3 years |
| Susan D | February 15, 1986 | 25 years |
| Carolyn D | February 16, 2003 | 8 years |
| Lewis C | February 21, 2009 | 2 years |
| Margery K | February 22, 2004 | 7 years |
| Holly M | February 24, 2008 | 3 years |
| Meghan J | February 26, 1988 | 23 years |
| John W | February 28, 1986 | 25 years |

Leicester Home Group

| | | |
|--------|------------------|----------|
| Gene M | February 4, 1973 | 38 years |
|--------|------------------|----------|

Three Alarm Group

| | | |
|--------|-------------------|---------|
| Gary S | February 25, 2004 | 7 years |
|--------|-------------------|---------|

Women of Grace Group

| | | |
|-----------|-------------------|----------|
| Camille C | February 1, 1983 | 28 years |
| Suzy L | February 28, 2009 | 2 years |



Mountain Doin's is published monthly for all AA members in Western North Carolina's Districts 70, 71, and 80. Opinions expressed herein are not attributed to AA, nor does publication of any feature imply endorsement by AA or NMCO. Office hours are M, W, F 10:00 am to 1:00 pm; Tu, Th 1:00 pm to 4:00 pm. Phone (828) 254-8539 or write ncmco@bellsouth.net.

Districts 70, 71 & 80 News

- 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.
- **District 70 GSRs** meet at 2:00 PM on the 2nd Sunday of every month at the St. Luke's Episcopal Church Parish House, 219 Chunn's Cove Road, Asheville.
- Want to know more about **Bridging the Gap**, or to sign up as a volunteer? Contact the Treatment Facilities Committee Co-Chair, Marky S., at (828) 242-6723 or markynola@gmail.com.



Meeting Updates

Send meeting changes to ncmco@bellsouth.net.

Starting in February, the **Big Town Group's** Sunday night 7:30 pm meeting is changing to **7:00 pm**.

The **Three Alarm Group's** Thursday 7:00 pm meeting will be a Step Study (O, D, SS); New Beginnings Christian Fellowship, 876 New Leicester Hwy., Ste 4, Asheville.

New meeting: the **Wits' End Group** meets Monday night, 8:00 pm (C, D, BB), Trinity Episcopal Church, 60 Church Street, Asheville. Enter the basement through the red wooden door.

Leftover Snow

The sun is just now rising
It's bidding the other side of the plant adieu, one more time.
At the break of my day: The fire has been rekindled from last night, there is Fruited Caribbean Chops in the crock pot, sweet potatoes & bananas have been roasted for the side dish and Banana Cake is baking in the oven.
I am washing the dishes while watching this moment in time I've been given unfold outside my window
Readying myself for NFL Playoffs
In my BS (before sobriety) phase of life this would have *never* happened.
More the night owl, even now
There is a freshness in being awake and productive so early in my day,
Watching the day go from dark, to barely light, to bright morning, to full daylight
As well as being in the infancy of a brand new year.
It is a striking moment in my life,
A beautiful metaphor for the changes still occurring within,
Even after two and a half years.
A gorgeous day has dawned,
A grateful life restored

—Debbie W., Leicester Group

AA GRAPEVINE *featurette*

Single issues (English and Spanish) are for sale at Central Office!

- **Recovery Events**
- **Story of the Day** *online only*
- **iPoll Results** *online only*
- **Step 2/Tradition 2**
- **Much, much more!**

Support The Grapevine and La Viña
Buy single issues at your Central Office!

Obtenga el suyo hoy!
See the GV Featurette to find out
what you've been missing.

Send Your Elected Rep to the January 30th COR Meeting !

- CORs bring group events, needs, and suggestions to the attention of the Central Office Board*
- CORs meet four times a year (January / April / July / October)
- CORs make motions and vote on the operations of Central Office, which is an AA service center established in accordance with Traditions Eight and Nine.

* A COR links the group to Central Office in the same way that a GSR connects the group to the District

Central Office Profit & Loss Report December 2010

Income

| | |
|-------------------------|----------------|
| Sales Income | |
| Conference Approved | 1183.57 |
| Non-Conference Approved | 455.31 |
| Sales Tax, S&H | 165.90 |
| Total Sales Income | <u>1804.78</u> |

Other Income

| | |
|--------------------------|----------------|
| Group Contributions | 1813.83 |
| Individual Contributions | 0.26 |
| Total Other Income | <u>1814.09</u> |
| Total Income | <u>3618.87</u> |

Cost of Goods Sold

| | |
|--------------------------|-----------------|
| Conference Approved | -1150.09 |
| Non-Conference Approved | -261.91 |
| Total Cost of Goods Sold | <u>-1412.00</u> |

Gross Profit \Loss 2206.87

Expense

| | |
|------------------------|----------------------|
| Freight | -34.78 |
| Editor | -120.00 |
| Copier Rental | -177.39 |
| Office Supplies | -15.45 |
| Payroll Expenses | -755.20 |
| Postage | -85.12 |
| Rent | -444.00 |
| Sales Tax | -188.27 |
| Answering Service | -303.54 |
| Internet and Telephone | -180.20 |
| Insurance | -36.33 |
| Total Expense | <u>-2340.28</u> |
| Net Income | <u><u>133.41</u></u> |

Working Capital December 2010

| | |
|------------|----------------|
| Savings | 5034.10 |
| Checking | 1857.56 |
| Petty Cash | 150.00 |
| Total | <u>7041.66</u> |

Call & Visitor Log December 2010

A.A. Crisis 1
 General Information 8
 Family Help 1
 Meeting Information 47
 Central Office Business 25
 Referrals (Detox, etc.) 0
 Visitors 66
 Answering Service Calls 38



Higher Power in a parking lot.

Conference Info

Carolinas Spring Fling

April 8–10, 2011

Charlotte, North Carolina

Share fellowship, experience, strength, and hope with other recovering women in this region and across the country.

Conference Speakers

Workshops • A.A. meetings

Saturday Night Dance w/DJ

Pre-reg \$20.00/at the door \$25.00

<http://carolinasspringfling.com>

Matt Talbot Retreat

September 9–11, 2011

Maggie Valley, North Carolina

This retreat is offered for women who wish to improve their conscious contact and understanding of their Higher Power.

<http://charlotteaa.org>.

Recovery Linkups

Looking for lots of recovery-related links—clubhouses, regional meeting info, A.A. resource sites? Go to the Metrolina Intergroup Association’s website, www.charlotteaa.org and click the Helpful Links link.

This Simple Cornerstone

Submit poems, scribbles, musings, and photos (no faces, please) to ncmco@bellsouth.net. (Include your first name, last initial, and home group. NCMCO only publishes signed pieces.)

February Spiritual Experience

March Vigorous Action

April Fourth Dimension

May Daily Reprieve

June Growing in Understanding and Effectiveness

July Fear, the Corroding Thread

August Character Defects

September Maximum Service to God and the People About Us

October Third Step Prayer

November The Great Reality Deep Down Within Us

December Loss of Control

Spiritual Experience

Complete and Whole

Replacing the tears, the terror, the scorn.
No longer worried or tattered and torn,
I release my prison, no longer to mourn,
My humble being has been reborn.

Transformed to a dimension of light and soul,
Kindness and sharing the reward, the goal.
The prison hell, no longer a toll,
My life’s new role, complete and whole.

—M.H., Asheville Big Book Step Study Group

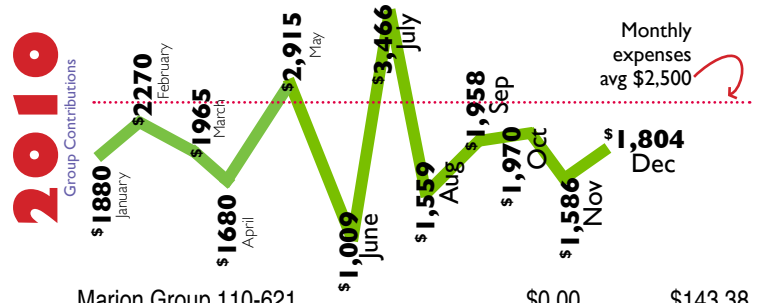
Since I am a turtle on the winding road that leads ever inward, I have always appreciated the “Spiritual Awakening” appendix in the Big Book; it has helped me to make sense of so many things. Some of my favorite descriptions of the spiritual awakening I’ve heard in meetings: “the realization that there was something inside myself that I wanted to preserve,” and “the realization that other people really existed, they weren’t just shadows,” the realization that “I’m not God and that I don’t have to be,” and many, many more.

For me, it has been the re-introduction to my soul and the realization over much trial and error, that that “island within” cannot be accessed when I am full of resentment and fear; that it is not my mind, it is not my image, it is not my body, it is not my feelings—it is a place of respite, of joy, of sweetness, it is the very center of the universe and holds every answer to every question I have. When I can get there, and stay there for a while, it rejuvenates me in ways I cannot put into words. I get intuitive thoughts and ideas that I have no explanation for, and I am reminded of the connectedness of all of us, as well as the magic that exists in this world just beneath the surface of things. Now, if I could find the way to stay there and not fall spiritually back into sleep, I’m sure life would be pleasant even more often than it is now. So my awakening continues. Every day I need to rouse that part of myself, there are days when I face very deep pain and need to work through those old lessons, but most days, it’s just having the presence to pause and go to that place, ask for help when I can’t, listen to the suggestions I get, and take the actions I need to. The great news in all of this is that miracles happen every day in my life and there is always some success even in the midst of failure; the island is always there and it produces incredible abundance—if only I am willing and able to listen.

—Mary M., Women’s Big Book Step Study Group

Group Contributions

| | December | 2010 Totals |
|----------------------------------|----------|-------------|
| 4th Dimension | \$75.00 | \$75.00 |
| Acceptance Grp 122-477 | \$0.00 | \$1293.83 |
| AVL BigBookStepStudy 637-843 | \$90.83 | \$263.27 |
| AVL Women's BigBookStepStudy Grp | \$0.00 | \$94.94 |
| Back to Basics 147-139 | \$0.00 | \$400.00 |
| Big Book Study Grp | \$0.00 | \$21.25 |
| Big Town Grp | \$0.00 | \$301.64 |
| Black Mountain Group | \$0.00 | \$25.00 |
| Blue Ridge Grp 110-557 | \$0.00 | \$100.00 |
| Brevard Serenity Group 631-231 | \$0.00 | \$75.00 |
| Came to Believe Grp 611-288 | \$0.00 | \$50.00 |
| Candler KISS Grp 163-148 | \$0.00 | \$225.00 |
| Cashiers Valley Grp 122-589 | \$0.00 | \$563.40 |
| Columbus Group | \$0.00 | \$150.00 |
| Common Sense Grp 179-909 | \$0.00 | \$312.57 |
| Conscious Contact (AVL) | \$100.00 | \$2,200.00 |
| Cullowhee Valley Group | \$0.00 | \$98.90 |
| Cumberland Grp 122-472 | \$0.00 | \$649.58 |
| Daily Decisions 643-869 | \$0.00 | \$202.14 |
| Day by Day Grp 159-058 | \$161.31 | \$999.45 |
| Early Birds 612-780 | \$0.00 | \$898.44 |
| Edneyville Group 605-968 | \$0.00 | \$110.00 |
| Eleven-Eleven-Eleven Grp | \$0.00 | \$130.00 |
| Fellowship Grp, Fletcher 655-542 | \$0.00 | \$398.00 |
| Fireside Group 655-542 | \$0.00 | \$400.00 |
| Fletcher Group 110-465 | \$0.00 | \$25.00 |
| Good Livers Grp 666-360 | \$0.00 | \$590.00 |
| Grace Group 161-970 | \$0.00 | \$1893.70 |
| Grace of God Group of HVL | \$0.00 | \$182.50 |
| Hand-in-Hand Grp | \$0.00 | \$175.00 |
| Happy Hour Grp 169-182 | \$0.00 | \$435.00 |
| Hendersonville Grp | \$0.00 | \$120.00 |
| High Noon Grp | \$0.00 | \$220.00 |
| Hot Springs Meeting | \$0.00 | \$100.00 |
| Individual Contributions (Misc.) | \$0.00 | \$17.62 |
| Anonymous | \$0.00 | \$300.00 |
| Geoff Smith | \$0.00 | \$15.52 |
| In Memory of B.G. | \$10.00 | \$120.00 |
| Joy of Living Grp 629-397 | \$0.00 | \$225.00 |
| Kanuga Grp | \$45.00 | \$247.50 |
| Last Chance Grp, The | \$0.00 | \$50.00 |
| Leicester Grp 143-417 | \$0.00 | \$100.00 |
| Library Grp 672-283 | \$0.00 | \$30.00 |
| Lunch Bunch (Sylva) | \$140.00 | \$140.00 |



| | | |
|--------------------------------------|------------------|--------------------|
| Marion Group 110-621 | \$0.00 | \$143.38 |
| Marshall Group 110-489 | \$0.00 | \$75.00 |
| Mars Hill Group 130-895 | \$0.00 | \$100.00 |
| Marion AA Grp 110-621 | \$0.00 | \$143.38 |
| Mid Day Grp (HVL) | \$258.00 | \$1318.28 |
| Mill Spring Grp 656-821 | \$0.00 | \$67.50 |
| Mission Grp of Sylva 606-119 | \$0.00 | \$100.00 |
| Monday Night Open Meeting | \$76.50 | \$755.15 |
| Mountainside Group 133-504 | \$0.00 | \$60.00 |
| Mountain View Group 110-598 | \$200.00 | \$440.00 |
| Murphy Big Book Grp | \$0.00 | \$30.00 |
| New Freedom Grp | \$40.00 | \$240.00 |
| New Hope Group | \$0.00 | \$11.29 |
| No Name Group - Murphy | \$0.00 | \$330.00 |
| Pisgah Grp | \$327.00 | \$336.14 |
| Plan B Grp | \$0.00 | \$150.00 |
| Practicing Principles Grp 667-311 | \$0.00 | \$167.50 |
| Principles Grp | \$0.00 | \$6.06 |
| Recovery by River 674-892 | \$0.00 | \$245.84 |
| Safe and Sound 645-654 | \$0.00 | \$142.63 |
| Second Chance Grp Cherokee | \$0.00 | \$109.71 |
| Serenity Seekers | \$0.00 | \$40.00 |
| Serenity Service 110-498 | \$30.00 | \$390.00 |
| Serenity Sisters Grp | \$0.00 | \$60.00 |
| Skyland Meeting 693-372 | \$0.00 | \$25.00 |
| Speed Bump Grp | \$50.00 | \$200.00 |
| Strange Camels | \$5.00 | \$30.00 |
| Sunshine AA Grp | \$50.00 | \$200.00 |
| Three Alarm Grp | \$0.00 | \$120.00 |
| Thurs Afternoon Woman's Grp | \$0.00 | \$100.00 |
| Total Surrender | \$0.00 | \$190.00 |
| Tryon Tuesday Grp | \$0.00 | \$50.00 |
| Tryon 12 & 12 690-877 | \$32.50 | \$118.03 |
| TuesNi Men's BBSSGrp 681-242 | \$0.00 | \$44.94 |
| Waynesvl Grace Grp 110-692 | \$0.00 | \$308.18 |
| West Asheville Grp 110-501 | \$0.00 | \$25.00 |
| Woman's Way Step Study Grp | \$0.00 | \$31.00 |
| Women of Courage | \$122.69 | \$283.31 |
| Women of Grace Grp | \$35.35 | \$130.50 |
| Young People's Grp 645-646 | \$51.66 | \$354.45 |
| Total (not incl. Individuals) | \$1803.83 | \$22,358.32 |

Group History

Publish your brief group history in the newsletter! See your district archivist or other district-level trusted servant for an easy-to-fill form. (The narrative should reflect the group conscience, and may be edited for style and length.)

Back to Basics Group (District 70)
Monday & Friday, 8:00 pm
Christ U.M. Church
Marshall Hwy, Weaverville

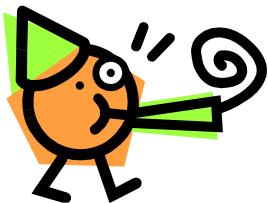
When the Back to Basics Group was founded, by Jim T., in November of 1986, the church was also new and meeting in a storefront on Main Street in Weaverville, beside the fire department. The church began construction on the Marshall Highway and before it was finished, our group met for a while in the parsonage behind the new building. Other early members were Carl H., Doris H., and Perry B.

Back to Basics celebrates the anniversary of the group every November with a covered dish dinner and a speaker meeting at the church. Morris R. spoke at the first anniversary celebration. We also have a covered dish dinner/speaker meeting every spring.

—Pete M.

Factoid

To get the Mountain Doings or Where & When by email (Adobe Acrobat pdf, full-color format), send your e-mail address to ncmco@bellsouth.net.



Turn in announcements by the 15th of the month prior to the anniversary month.

Thank You!

District 70 Corrections

RE: Prison Literature Can (PINK CANS)

Dear AA Groups,

This letter is to inform you of the purpose of the prison literature cans. In 1985 a group in California decided to set out pink cans to help get much-needed literature into the prisons. Our area has done this in the past, however there has been some confusion as to where the money is going.

Any and all money collected within the pink cans will be used specifically for literature in the prisons and jails in District 70. Currently we have five facilities in our area that are in need of literature.

It is my hope that no inmate will have to be without our basic text, the Big Book of Alcoholics Anonymous. It is our intention to make it possible that each suffering alcoholic within the walls has access to a meeting of AA and the Big Book.

I ask that each group discuss within a group conscience and vote on whether or not to place a pink can by your coffee pot.

In Love and Service,
Jaime S., Corrections Committee Chair, District 70
shadesofautumn@msn.com (828) 989-1917

Send collections to
Corrections Committee
PO BOX 2534
Asheville, NC 28801

COMBINED SERVICE COMMITTEES MEETING

The Corrections Committee, Treatment Center Committee, and the Cooperation with the Professional/Public Information (CPC/PI) Committees meet on the last Tuesday of every month to discuss important information about carrying the AA message into the community, prisons, and treatment centers. Anyone interested in this type of service please join us at 6pm at Trinity Episcopal Church, 60 Church St., in downtown Asheville. The next meeting is **Tuesday, February 22**.

The keystone of the new and better arch through which we passed to freedom.

Big Book
Page 62

Big Town Group Sponsorship Workshop

With Babs & Greg G.

From Charlotte, NC
sober 30 years +

At The Big Town Group in the small town of Etowah, NC

Saturday February 5th @ 2:00pm

@ The Etowah UMC
110 Brickyard Rd. Etowah, NC

go to bigtownaagroup.com for directions

<http://bigtownaagroup.com>