

Mountain Doin's

Central Office Newsletter March 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 April 10 (due to Easter), July 31, and October 30.

Send event fliers & anniversaries to ncmco@bellsouth.net by March 15
Meeting changes anytime at www.ashevilleaa.org

March Anniversaries

AVL Big Book Step Study Grp

Andy E.	March 13	1 year
Ed T.	March 21	12 years
Lauren C.	March 7	1 year
Laurie S.	March 12	3 years
Marilyn S.	March 23	16 years
Sam S.	March 18	3 years
Susan H.	March 10	5 years
Susan W.	March 30	13 years
Terry G.	March 26	32 years

Back to Basics Group

Gary R.	3/5/00	11 years
Mike G.	3/19/89	22 years
Ron B.	3/27/05	6 years
Joanne B.	3/29/94	17 years

Brevard Serenity Group

Pete U.	3/1/96	15 years
Debbie S.	3/12/03	8 years

Columbus Group

Whitney F.	March	3 years
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Cumberland Group

Doug O.	March 9	39 years
Thurman W.	March 11	26 years

Fletcher Group

Steve	March 23	5 years
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Grace Group

Shari S.	3/8/02	9 years
Christopher C	3/10/08	3 years
Betsy C.	3/13/95	16 years
Dick J.	3/15/81	31 years
Jacob T.	3/17/10	1 year

Hendersonville Group

Irma D.	3/7/85	26 years
Jim P.	3/23/83	28 years
Chris VW	3/28/09	2 years

Leicester Home Group

Charles B.	March 13	1 year
Shane R.	March 17	2 years
Ed M.	March 17	37 years

Serenity Seekers – Marion

John L.	3/1/02	9 years
Jimmy H.	3/5/06	5 years
Tommy H.	3/11/00	11 years
Scott W.	3/19/10	1 year

Serenity Sisters – Waynesville

Phoebe H.	3/3/85	26 years
Rebecca	3/15/06	5 years
Donna S.	3/25/87	24 years

Strange Camels

Liz C.	3/22/87	24 years
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Women of Grace Group

Nancy J.	March 4	28 years
Jane Y.	March 28	9 years
Karen F.	March 29	12 years

Thirst for Wholeness

William James said about spiritual experiences that most are of the “educational variety.” This has proven to be true for me

throughout my sobriety. For example, the first time I read the Big Book I had such an experience when I learned that I was not alone in my incomprehensible demoralization. Another such experience came to me in the late 80s, while living in Boston. A friend encouraged me to learn more about some of the influential spiritual teachings that have made lasting impressions on our “sober society.”

I have always been intrigued by our co-founders, and how they lived their sober lives. Bill W.’s spiritual ambitions especially fostered my curiosity. The depth of his yearning to know more about the mystical realms of life inspired me. Another intriguing teacher of the 20th century was the Swiss analyst Carl Gustav Jung. As I learned more about his depth of insight into the “human condition,” I was again inspired in the way Bill’s wisdom moved me. While still living in Boston I learned about the correspondence between these two gifted men and realized how divinely influenced their connection must have been.

In the early 30’s, Dr. Jung had treated Bill’s friend Roland H. for alcoholism, but was unaware of what had happened to his patient for many years following his convalescence. When Bill wrote to Dr. Jung in the early 60s the news was gratefully received. Dr. Jung responded in kind with a letter in which he told Bill much about his understanding of alcoholism. In the years following his involvement with Roland, Dr. Jung had treated many others who were afflicted with problem drinking. He had gained many valuable insights from his troubled patients about the disease of alcoholism. In his letter to Bill, Dr. Jung stated this about Rowland’s condition: “His craving for alcohol was the equivalent, on a low level, of the spiritual thirst of our being for wholeness; expressed in medieval language: the union with God.” When I read this I knew I had just received a pearl of wisdom and

a deeply valuable insight into my own addictive nature. Dr. Jung wrote of craving alcohol in order to unknowingly suppress our (my) spiritual thirst for the sensation of wholeness. I had never viewed my history of addiction in this way but it made perfect sense as I read it. It is still easy for me to recall how cathartic those first drinks were when I really needed (craved) them. I remember how my inner state of terror, bewilderment, and shame was so quickly and efficiently de-barbed by the influence of alcohol.

Now I have some years of sobriety in my favor and some powerful spiritual experiences to call my own. Dr. Jung wrote of a sense of wholeness and of “the union with God”; I now believe the two are synonymous. I have been gifted a few times in my sobriety with an all-consuming feeling of the presence of God within me. The sensation that accompanied these sacred moments was that of being whole, complete, and in union with God. In my alcoholic nature, I wanted these 4th-dimensional experiences to never end. They were in fact short-lived—perhaps only a matter of seconds—but their influence has proven to be pivotal to my inner life and my faith in the Higher Power. I know it is unrealistic to want to always feel what I savored in those memorable events, but I did come away from them with a deeper and more meaningful understanding of myself, the purpose of my life, and my relationship with God.

Carl Jung was fluent in Latin and informed Bill that alcohol in that language is spiritus—the same word for the highest religious (spiritual) experience as well as for the most depraving poison. He concluded the letter to Bill with the explicit formula: spiritus contra spiritum, which I interpret to mean, Will I choose the most depraving poison or the highest spiritual experience? I have been blessed in this life to have experienced and survived both scenarios and my contented involvement in A.A. will attest to my having gratefully chosen the latter.

So it is with a humble heart that I acknowledge Bill W. and Carl Jung for the spiritual experience of the educational variety that their interactions have afforded me and countless others, I’m sure. — J.G.

Districts 70, 71 & 80 Info

- Where to get info from your district: **District 70** www.ashevilleaa.org; **District 71** www.district71inc.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**, maybe sign up as a volunteer? Contact the Treatment Facilities Committee Co-Chair, Marky S., at (828) 242-6723 or write to markynola@gmail.com.



FREEDOM FROM BONDAGE XXIII

Alcoholics Anonymous Area 51 Corrections Conference

March 11-13

Days Inn • 805 SW Service Rd • Southern Pines NC

Conference hotel reservation cutoff date: Feb 27

Conference Reg Fee \$10 • Mail to 18 Jones Wood Court • Wendell NC 27591

For more details visit www.aanorthcarolina.org

Central Office Profit & Loss Report January 2011

Income

Sales Income

Conference Approved	2230.14
Non-Conference Approved	798.87
Sales Tax, S&H	293.08
Total Sales Income	<u>3322.09</u>

Other Income

Group Contributions	2121.55
Individual Contributions	12.27
Total Other Income	<u>2133.82</u>

Total Income 5455.91

Cost of Goods Sold

Conference Approved	-2195.08
Non-Conference Approved	-509.98
Total Cost of Goods Sold	<u>-2705.06</u>

Gross Profit \Loss 2750.85

Expense

Freight	-26.17
Editor	-120.00
Copier Rental	-150.64
Office Supplies	-94.56
Payroll Expenses	-760.82
Postage	117.69
Rent	-444.00
Sales Tax	-152.59
Answering Service	-222.88
Internet and Telephone	-202.27
Insurance	0.00
Total Expense	<u>-2291.62</u>

Net Income 459.23

Working Capital January 2011

Savings	5035.45
Checking	2050.27
Petty Cash	150.00
Total	<u>7235.72</u>

Call & Visitor Log January 2011

A.A. Crisis 1
 General Information 17
 Family Help 0
 Meeting Information 42
 Central Office Business 43
 Referrals (Detox, etc.) 2
 Visitors 77
 Answering Svc (Operator-Assisted) 39

AA GRAPEVINE *featurette*

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

In a recent poll, 60% of members said they want *both* a print and an online version of the Grapevine.

Subscribe today at aagrapevine.org

- **Story of the Day** *online only*
- **iPoll Results** *online only*
- **Step 3/Tradition 3**

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.)

March Vigorous Action	August Character Defects
April Fourth Dimension	September Maximum Service to God and the People About Us
May Daily Reprieve	October Third Step Prayer
June Growing in Understanding and Effectiveness	November The Great Reality Deep Down Within Us
July Fear, the Corroding Thread	December Loss of Control

Vigorous Action

When I came to A.A. in 1971 things were done differently than they appear to be done today. After my very first meeting I was indoctrinated into the process of supporting the meeting and the group. I was given the keys to the meeting place, shown how to prepare the coffee, set up the chairs, put out the ashtrays and then be at the front door as “greeter.” Those assignments placed me in the heart of AA. After the meeting I washed up, swept and mopped the floor, and put everything away till the next meeting.

We traveled up to 90 miles one way to get to an available meeting. There were many fewer meetings in those days. Being in construction, my project completed and I was laid off. Collecting unemployment gave me time to get well grounded in the fellowship. I was 33 years old and most everyone I met in AA was 50 or older. Craving younger companionship I got involved with younger people and created the Quakertown Young People’s Group of A.A. No one wanted the job of GSR so with about six months of sobriety I was elected by default and became instantly a part of AA service structure.

I discovered an A.A. luncheon meeting 90 miles from home on Tuesdays. They actually provided lunch for a \$2 donation. The meeting began at noon in Rocky Hill, NJ, and lasted until the last person had said all they chose to. I loved it. I would fill my car with newcomers and take them distances they didn’t wish to travel at speeds they were unaccustomed to meetings they frequently did not wish to attend and it worked. I stayed sober. I cannot begin to express my gratitude. I soon became involved in carrying the A.A. message to jails and prisons and other institutions, a practice in which I am still involved. It still serves me. I, for one, recommend “vigorous action” in A.A. to maintain sobriety and grow in the Spirit. Give it a try. It works for me.

—Ocean S., Marshall Group



—Amber M., Pisgah Group



In Memorium

The Buncombe County A.A. community has lost one of its pillars. Gene M., a member of the Leicester Group, died February 12, 2011. He had celebrated 38 years of sobriety on February 4.

Gene was a Navy veteran of WWII. He volunteered at the Courthouse and was active in A.A. service and to fellow A.A.s even in his last days. He will be missed by all who knew him.

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 on Helpful Links.

Group Contributions



\$2,121 Jan '11
\$1,804 Dec '10

Monthly expenses avg \$2,500

	January	YTD Total		January	YTD Total
Around the Room	\$40.00	\$40.00	Safe N Sound Group	\$38.00	\$38.00
Back to Basics	\$150.00	\$150.00	Second Chance Grp Cherokee	\$23.75	\$23.75
Black Mountain Grp	\$10.70	\$10.70	Serenity Service 110-498	\$30.00	\$30.00
Candler KISS Grp	\$111.00	\$111.00	Three Alarm Group	\$30.00	\$30.00
Cashiers Valley Grp	\$144.00	\$144.00	Total Surrender Group	\$50.00	\$50.00
Columbus Group	\$90.00	\$90.00	Traditional Group	\$100.00	\$100.00
Common Sense Grp	\$117.80	\$117.80	Waynesville Grace Group	\$304.00	\$304.00
Eleven-Eleven-Eleven	\$20.00	\$20.00	Total Group Contributions	\$2,121.55	\$2,121.55
Fellowship Grp - Fletcher	\$45.00	\$45.00			
Good Livers	\$125.00	\$125.00	Individual contributions		
Grace of God Group	\$50.00	\$50.00	In Memory of B.G.	\$10.00	\$10.00
Hand-in-Hand Group	\$25.00	\$25.00	Miscellaneous/Cash Sale	\$2.27	\$2.27
Happy Hour Group	\$225.75	\$225.75	Total Individual Contributions	\$12.27	\$12.27
Mid Day Group (HVL)	\$171.60	\$171.60			
Mill Spring Group	\$15.00	\$15.00	Grand Total	\$2,133.82	\$2,133.82
New Freedom Group	\$30.00	\$30.00			
New Hope Group	\$23.75	\$23.75			
Plan B Group	\$100.00	\$100.00			
Recovery by the River	\$51.20	\$51.20			

Meeting Updates

Submit meeting changes (including Districts 71 and 80) through District 70's site www.ashevilleaa.org. The site automatically forwards info to Central Office. Using the website is the most efficient way to keep all our meeting lists (print, online, and the answering service) in agreement. Thanks!

Location Change: The Monday/Friday 12:30 pm and Wednesday 6:00pm VA **Turning Point** meetings have moved to **Room BB04** in the **VA Hospital basement**.

Time Change: Starting Tuesday, March 15, the 5:30 pm meeting of the **Grace Group** will become an **8:00 pm meeting**.

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.

Location Change: Starting Tuesday, March 1, the **Pisgah Group** (Tuesday, Thursday 8:00 pm) is moving to **Calvary Baptist Church, 531 Haywood Rd.**

Meeting Format Change: **Smoking** is now allowed at the **Saturday 8:00 pm** meeting of the **Hendersonville Group**.



Call for Group Histories

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



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.

56TH GROUP ANNIVERSARY
AT
THE WEST ASHEVILLE GROUP OF A.A.
Sat. March 26th
COVERED DISH DINNER AT 6:30
SPEAKER: SHERRI M. @ 8 P.M.
FOOD, FUN, FELLOWSHIP FOR ALL!
OPEN MEETING
EVERYONE INVITED!!
1418 PATTON AVE 

Save the Date

This year's Sober Day Supper will be held at 6pm, August 20, in Tuton Hall, Trinity Episcopal Church in Asheville. We are looking forward to an even better meal than last year, as well as an after-dinner show of local A.A. talent. So put it in your calendar, let us know if you're performing, and start rehearsing. We'll see you in August.

—NCMCO

Service Opportunities at Central Office

At the end of 2011, the following NCMCO Board of Directors officers will be rotating out of office. Interested persons may learn more about the job descriptions by reading the By-Laws (available as pdf or on CD; writing to ncmco@bellsouth.net); or attending a COR meeting. Elections will be held at the first COR meeting of 2012. Board members operate Central Office, keeping within the Twelve Traditions, for Districts 70, 71, and 80 in Western North Carolina.

- Alternate Chairperson - assists the Chair; runs meetings in Chair's absence
- Treasurer - works with Office Manager to ensure responsible fiscal decisions; QuickBooks
- Secretary - takes Board meeting minutes
- Trustee (District 70); acts as informal liaison to the GSRs

EXPERIENCE STRENGTH & HOPE

The Paint Brush

I just completed my most recent project, painting the Cluster mailboxes. As I carefully finished storing the last of the paint supplies, the thought came to me how,

throughout the years, I have been so particular in choosing the correctly shaped and sized paint brush for the particular task in hand. How once embarked on my project, I would dedicate myself, obsessively, until it was completed and everything was restored to my satisfaction. Not a detail was spared. No spot of paint was left on the floor. Uneven streaks were prohibited on my walls!

My goal achieved, I would even place my trusty project partner, the brush, to soak in a jar of paint thinner. Unfortunately, that's where it would remain. Weeks, or months, later I would find that same brush, the paint thinner having long evaporated, sitting in a dried-out, gunky mess. That so carefully selected tool was clogged and useless.

Today was different. Today I didn't just tuck the jar downstairs on the garage paint shelf and forget about it. Today I actually followed through and completed the task in its entirety. I jiggled and agitated that brush in the jar of thinner

to loosen the paint. I rinsed and rinsed until all the warm soapy water and color had dispersed and, as gently as I would my grandchild's precious body, I patted the brush dry and stored it safely away.

This is what I want to do with my life. Follow through. So often I will have an idea, or begin a new venture and, frequently, that's as far as it goes. Today, I not only desire to be aware of my instincts, listen, and hear the guidance which comes to me, but allow it to become an integral part of my life.

By not completing the various projects scattered throughout my home, I leave myself open to self recrimination for my lack of structure and procrastination. In actuality, by not bringing my ideas to fruition, I deprive myself of the wonderful sense of fulfillment and accomplishment that is awaiting.

Without a doubt, awareness is half the battle. Now I can "see," I have the choice, and ability, to move forward. With the love and guidance of my fellow alcoholics, I have worked long and hard to change and grow through the Twelves Steps. Today I enjoy the serenity and clarity that sobriety provides and the realization that remaining involved with, and immersed in, Alcoholics Anonymous, is most definitely a "project" worth pursuing.

—Valerie K., Hendersonville Mid Day Group



Night of Dancing

SATURDAY MARCH 12

at *Saluda Jamboree*
Doors open 7pm with CD music

Live band 8 to 11pm

**RSVP Phyllis A.
(828) 606-2555 by
March 7**



HOSTED BY THE MID DAY GROUP

I-26E to Saluda exit; turn right off the ramp. Take first left, onto Old Howard Gap Rd. Take next left, at the bottom of the hill. Saluda Jamboree is just before the Friendship Baptist Church.