

Mountain Doin's

Central Office Newsletter



April 2011

CORs Meet April 10, 2pm

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.

D70 GSRs Meet May 1 2:30pm

Send event fliers,
anniversaries, etc. to

nemco@bellsouth.net by

April 15 for the May issue

April Anniversaries

Acceptance Group

Rick F. 4/3/07 4 years
Tom B. 4/4/83 28 years
Nancy E.R. 4/6/04 7 years
Ocean S 4/9/71 40 years

Asheville Big Book Step Study Grp

Larry A. 4/26/84 27 years
Michael K. 4/4/09 2 years
Phil G. 4/18/06 5 years
Rachel A. 4/14/82 29 years

Back to Basics Group

Elizabeth V. 4/11/08 3 years
John C. 4/5/07 4 years
Julie M. 4/1/06 5 years
Kelsey S. 4/12/83 28 years
Margaret N. 4/29/86 25 years
Paul P. 4/16/04 7 years
Perry B. 4/15/86 25 years

Brevard Serenity Group

Bob T. 4/24/79 32 years

Cumberland Group

Karen A. 4/14/04 7 years
Davis A. 4/7/09 2 years
Eric R. 4/28/03 8 years

Fletcher Group

Bob F. 4/21/83 28 years

Grace Group

Beth T. 4/30/93 18 years
Virgil J. 4/25/82 29 years
Brian M. 4/22/78 33 years
Glenn R. 4/21/98 13 years
Mike A. 4/12/98 13 years
Beverly R. 4/7/03 8 years
Jeff B. 4/7/91 20 years
Ali L. 4/1/09 2 years

Correction:

Dick J. 3/15/81 30 years

Hendersonville Group

Micheline H. 4/19/80 31 years
Stuart R. 4/16/1997 14 years

Leicester Home Group

Regina I. 4/16/88 23 years
Michelle B. 4/24/05 6 years

Marion AA Group

Buford D. 4/2004 7 years

Mars Hill Group (from March)

Alice W. 3/20/09 2 years
Mike G. 3/19/89 22 years

Serenity Seekers – Marion

Cheryl D. 4/10/09 2 years

Serenity Sisters – Waynesville

Jackie B. 4/1/08 3 years
Amber G. 4/3/86 25 years
Kelly R. 4/8/84 27 years
Sue B. 4/14/10 1 year
Ginna P. 4/15/95 16 years
Judy V. 4/17/93 18 years
Mindy L. 4/2004

Strange Camels

Laura J. 4/12/77 34 years
Catherine L. 4/20/03 8 years

Three Alarm Group

Dan C. 4/17/99 12 years

Women of Grace Group

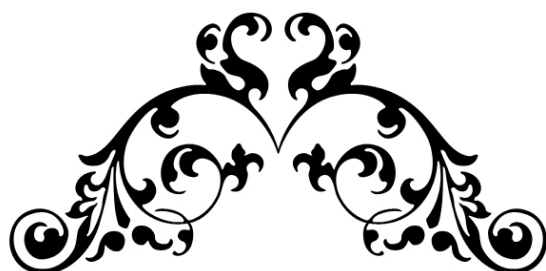
Elizabeth K. 4/1/94 17 years
Correction:
Karen F. 3/29/71 40 years
Sharon P. 3/31/99 12 years



Marshall Group 33rd Anniversary

Friday, April 8 • Fellowship & Coffee 6:30p
Food 7-8p • Speaker at 8p

Presbyterian Church • 165 So. Main St.
Directions: Take 19/23N to the Marshall exit
(Hwys 25/70). Follow Hwy 70 into Marshall.



John J. (73 years old), sober 32 years, passed away on Saturday, March 19, 2011. He was from Charleston, S.C.; a long-standing member of the Acceptance Group; and started a Big Book meeting in Asheville that still thrives today.



Districts 70, 71 & 80

Info

• **District 70** needs a secretary! To stand for the position, come to the next District meeting. Questions?

Email the Alt DCM through www.ashevilleaa.org (click Contact).

- **District 70 GSRs** meet at 2:00 PM on **May 1** at the St. Luke's Episcopal Church Parish House, 219 Chunn's Cove Road, Asheville (moved from the 2nd Sunday, due to Mother's Day).
- 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 nc-mco@bellsouth.net.
- Want to know more about **Bridging the Gap**, maybe sign up as a volunteer? Contact the BtG Coordinator, Marky S., at (828) 242-6723 or write to markynola@gmail.com.



Let Literature Carry the Message Too

On page 7, Jeff R., a new volunteer at Central Office, shares how A.A. pamphlets have helped guide his journey in sobriety. Central Office has a vast pamphlet library for browsin' and buyin'...check out what's available for you and your group.

16th Annual Indians in Sobriety Campout May 12-15, 2011 KoA Campground • Cherokee NC AA & Al-Anon Meetings Raffles • Workshops Karaoke/Talent Show

Cost includes three meals Friday & Saturday (Saturday night potluck)
Early registration \$50 (by April 22)
After deadline: \$65
Children under 10 free

Make your camping reservation through KoA

For more information contact Jody T., (828) 736-7510 or write ndnlady@frontier.com.



Past issues of the Mountain Doin's are archived at www.ashevilleaa.org.
Click the News link.

Send Your Elected Rep to the April 10th 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 February 2011

Income

Sales Income

Conference Approved	1226.10
Non-Conference Approved	695.11
Sales Tax, S&H	171.81
Total Sales Income	2093.02

Other Income

Group Contributions	2747.42
Individual Contributions	160.21
Total Other Income	2907.63
Total Income	5000.65

Cost of Goods Sold

Conference Approved	-1137.21
Non-Conference Approved	-470.31
Total Cost of Goods Sold	-1607.52
Gross Profit \Loss	3393.13

Expense

Freight	-47.81
Editor	-120.00
Copier Rental	-151.04
Office Expenses, Mis	-135.79
Payroll Expenses	-890.04
Postage	-60.29
Rent	-444.00
Sales Tax	-279.07
Answering Service	-243.70
Internet and Telephone	-196.76
Insurance	-36.33
Total Expense	-2604.83
Net Income	788.30

Working Capital February 2011

Savings	5036.75
Checking	3189.19
Petty Cash	150.00
Total	8375.94

Call & Visitor Log February 2011

A.A. Crisis	0
General Information	17
Family Help	8
Meeting Information	41
Central Office Business	35
Referrals (Detox, etc.)	
Visitors	71
Answering Svc (Operator-Assisted)	34

AA GRAPEVINE *featurette*

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

To save costs (and keep the GV and LV self-supporting), convert your print subscription to a digital one *today* at www.aagrapevine.org. You'll get it two weeks earlier!

- **Story of the Day** *online only*
- **iPoll Results** *online only*
- **Step 4/Tradition 4**

2011 Group Contributions



Monthly expenses avg \$2,500

	February	YTD Total		February	YTD Total
Acceptance Group	\$1,100.00	\$1,100.00	Murphy Group	\$10.00	\$10.00
Around the Room	\$0.00	\$40.00	New Freedom Group	\$0.00	\$30.00
Back to Basics	\$150.00	\$150.00	New Hope Group	\$0.00	\$23.75
Big Town Group	\$126.97	126.97	Plan B Group	\$0.00	\$100.00
Black Mountain Grp	\$0.00	\$10.70	Recovery by the River	\$0.00	\$51.20
Brevard Serenity Group	\$90.00	\$90.00	Safe N Sound Group	\$0.00	\$38.00
Candler KISS Grp	\$0.00	\$111.00	Second Chance Grp Cherokee	\$0.00	\$23.75
Cashiers Valley Grp	\$0.00	\$144.00	Serenity Service 110-498	\$30.00	\$60.00
Columbus Group	\$0.00	\$90.00	Speed Bump Group	\$50.00	\$50.00
Common Sense Grp	\$41.24	\$159.04	The Last Chance Group	\$50.00	\$50.00
Conscious Contact (Asheville)	\$400.00	\$400.00	Thursday Afternoon Ladies Grp	\$50.00	\$50.00
Cumberland Group	\$256.84	\$256.84	Three Alarm Group	\$0.00	\$30.00
Edneyville Group	\$15.00	\$15.00	Total Surrender Group	\$0.00	\$50.00
Eleven-Eleven-Eleven	\$0.00	\$20.00	Traditional Group	\$0.00	\$100.00
Fellowship Grp - Fletcher	\$0.00	\$45.00	Waynesville Grace Group	\$0.00	\$304.00
Good Livers	\$0.00	\$125.00	West Asheville Group	\$100.00	\$100.00
Grace of God Group	\$0.00	\$50.00	Women of Grace Group	\$26.25	\$26.25
Hand-in-Hand Group	\$0.00	\$25.00	Young Peoples Group	\$49.29	\$49.29
Happy Hour Group	\$0.00	\$225.75	Total Group Contributions	\$2,747.42	\$4,868.97
Joy of Living Group 669-820	\$25.00	\$25.00	<i>Individual Contributions</i>		
Kanuga Group	\$22.50	\$22.50	Anonymous	\$150.00	\$150.00
Marshall Group	\$100.00	\$100.00	In Memory of B.G.	\$10.00	\$20.00
Mid Day Group (HVL)	\$154.33	\$325.93	Miscellaneous/Cash Sale	\$2.1	\$2.48
Mill Spring Group	\$0.00	\$15.00	Total Individual Contributions	\$160.21	\$172.48
Mission Group	\$50.00	\$50.00	Grand Total	\$2,907.63	\$5,041.45

Meeting Updates

Send meeting changes to ncmco@bellsouth.net by the 15th.

New Meeting: Tuesdays, 5:30pm, Day by Day, 1st Presbyterian Church, 40 Church St., Asheville.

Cancelled Meeting: Against All Odds, Friday, 7pm, Groce UMC, 954 Tunnel Road, Asheville

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.**



Call for Group Histories

Publish a brief group history in the Mountain Doin's! 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.)

New Meeting: Asheville, Young People's Group, Friday 10pm, 219 Chunn's Cove Road (candlelight)

Even as I struggled to complete my initial reading of the first 164 pages of the Big Book of Alcoholics Anonymous, my sponsor directed my attention to the display rack of colorful pamphlets in the back of the home group, and, in a miracle of identification, shared the gift of intimacy which had been shared with him by his sponsor. More than anything else, the pursuit of that gift - unconditional love, has shaped the quality of my sobriety, and it was a journey that began with a somewhat unremarkable pamphlet.

EXPERIENCE STRENGTH & HOPE

I was not alone, or unique. Simply and honestly, A.A. spoke to many diverse populations (*Memo to An Inmate, A.A. for the Woman, A.A. and the Armed Services, etc.*). Black or White, gay or straight, older or younger; there was a pamphlet, and strangely, to the amusement of my sponsor, I was beginning to relate to them all. A relative newcomer to the idea of living and sharing a life based on spiritual principles, I found many answers in the experience of pamphlets such as *Understanding Anonymity* and *Questions and Answers on Sponsorship*. These helped me learn and love, with dignity, as I trudged in early sobriety; humbly serving in my counseling work, as I fearfully sought a sponsor to fill the shoes of my first, and as I came to sponsor others. I became accountable as the home group's treasurer, and found guidance in *Self-Support: Where Money and Spirituality Mix* and *The A.A. Group Treasurer*. As I grew to understand A.A. structure (*The A.A. Group, G.S.R., 12 Concepts*), I came to enjoy service work (*A.A. in Corrections, A.A. in Treatment Facilities*), and I encountered a freedom never before imagined (finally getting off of probation helped too).

Just like my sponsor and the Big Book, I find answers—experience, strength, and hope—when I remember the valuable resource these pamphlets provide. There are many more; be sure to check them all out. You might start where I did, with the following passage taken from *A Member's-Eye View of Alcoholics Anonymous*:

"I am personally convinced that the basic search of every human being, from the cradle to the grave, is to find at least one other human being before whom he can stand completely naked, stripped of all pretense or defense, and trust that person not to hurt him, because that other person has stripped himself naked, too. This lifelong search can begin to end with the first A.A. encounter."

I have been a grateful member ever since.

—Jeff R.

AA Digital Directory

Subscribe via email to newsletters from AA's General Service Office (GSO).

Subscribe electronically to *Box 4-5-9, About AA, Markings, or Sharing Behind The Walls* and have each issue delivered to you via email. The service is free and is intended for the use of A.A. members and friends of Alcoholics Anonymous. To register for an email subscription, go to the Services for Members page at <http://aa.org>.

Other (Inter)groups in Other Places

It's always fun to see other CO/IG sites and how they serve their AA districts.

California Northern Interior
<http://www.westernsloped22.org>

Oahu Intergroup
<http://oahucentraloffice.com>

Golden Isles (GA) Intergroup
<http://www.goldenislesaa.org>



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.

HELP WANTED

Central Office provides a 24-hour AA answering service for alcoholics in Western North Carolina (Districts 70, 71, and 80). One important part of this mission is to connect an alcoholic in crisis with a recovering anonymous AA—even when the Office is closed. The Central Office 12-Step Coordinator maintains the list of AAs who are willing to take these types of calls. Kathy B. will rotate out of her position at the end of 2011, and is willing to train the next volunteer. If interested, call 828-254-8539. Solid sobriety is helpful.

Area 51 Info

Spring 2011 Area Assembly & Committee Meeting

May 13-15, 2011

Hilton Hotel • North Raleigh

3415 Wake Forest Rd (Ex. 10 off I-440 Beltline)

Open to All A.A. Members

Hotel reservations deadline is April 21; use Group

Code A51. Toll-Free: (800) 445-8667

www.NorthRaleigh.Hilton.com*

* No affiliation or promotion with NCMCO is implied.

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>

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, or try the Big Town Group's site <http://bigtowngroupaa.com>.

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 the after-dinner show of local A.A. talent. Let us know if you're performing, and start rehearsing. We'll see you in August. —NCMCO

This Simple Cornerstone

Submit poems, scribbles, musings, and photos (no faces, please) to nc-mco@bellsouth.net by the 15th. (Include your first name, last initial, and home group. NCMCO only publishes signed pieces.)

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
August Character Defects	

Fourth Dimension

"We have found much of heaven, and have been rocketed into a fourth dimension of existence of which we had not even dreamed." —page 25, *Alcoholics Anonymous*



Support The Grapevine and La Viña
Buy single issues at your Central Office!
Obtenga el suyo hoy!
See the GV Featurette on page 3 to find out
what you've been missing.
News Flash! Digital subscriptions are
now just under 20 bucks! Not only do
you get the very latest in recovery
reading, but access to 60 years of
GRAPEVINE ARTICLE ARCHIVES!

What Does ‘Crosstalk’ Have to Do with Our Primary Purpose?

From Box 459 - published bi-monthly by General Services Office of Alcoholics Anonymous

Just what is this thing called “crosstalk”? Why are concerned A.A.s writing to the General Service Office for clarification about it? And, bottom line, what does it have to do with our primary purpose: “to stay sober and help other alcoholics to achieve sobriety”?

The word has been with us at least since 1887. Webster’s 10th Edition defines crosstalk as “unwanted signals in a communication channel caused by transference of energy from another circuit”—as when, for instance, two members sitting side by side at an A.A. meeting carry on a private, yet not so quiet, conversation or when one member interrupts another rudely or inappropriately. But this is not the kind of crosstalk that members are asking about; specifically, it is traceable to a list of guidelines for behavior at A.A. meetings—erroneously attributed to “World Service”—that appears in 1992 in a Central Office newsletter and has since been reprinted and circulated more widely.

The guidelines state, in part, that “Any comments, negative or positive, about another’s share, experience, life, program or remarks are crosstalk—that is interference.” “The only appropriate comment about anyone else’s share—a speaker’s or another member’s—is ‘Thank you for your share.’” “A member may talk about his or her own experience as it relates directly or indirectly to another’s share, but should not refer to that person’s share. Even comments such as ‘When you talk about...it reminded me of my own experience...’ are possibly inappropriate.”

The so-called guidelines did not emanate from the General Service Office. What random investigation reveals is that they may have filtered into some A.A. groups through members who also attend other Twelve Step recovery groups. For example:

(1) In its literature, one fellowship includes a boxed item head, “Suggested Announcement Regarding Crosstalk & Feedback (adopted (1/13/87).” It reads: “In sharing during meetings, we proceed in an orderly, respectful manner. The chairperson (or speaker) will call on people to share. We do not interrupt one another or engage in discussion—this is called ‘crosstalk’ While we encourage expressions of identification with a speaker and appreciation for speakers, we also do not judge or comment on what people say or tell them what to do—this is called ‘feedback.’”

(2) Another anonymous organization, in its “Suggested Meeting Format,” asks attendees “to please not interrupt someone else’s sharing, not to make comments about other people’s statements...and to talk only about yourself.”

Although many self-help groups emulate A.A.’s Twelve Steps and Twelve Traditions, their practices often differ from ours in other respects. As they may have discovered in adapting the A.A. program to their own needs, what’s sauce for the goose may be poison for the gander. Says Anne T., of Rome, New York, who belongs to AA. and also attends meetings of a different fellowship: “From the very beginning, one drunk talking to another has made the A.A. program go ‘round. But in meetings (of the other fellowship), I feel, it makes sense to refrain from crosstalk. People are trying to free themselves from extraordinary shame. When someone shares in response to something I’ve said, that’s okay, but only so long as there’s not even a hint of censure, belittlement, scolding or preaching, all under the guise of sharing. Knowing there’s no risk of judgment makes me feel safe.”

Looking at the subject from an AA’s point of view, a G.S.O. staff member says, “Comparing notes, many of us realized that nonjudgmental suggestions we had received in meetings, in response to something we had shared, was very beneficial to our recovery. It is how we learn, and that’s what ‘sharing experience, strength and hope’ is all about. Also, there is a thin line between guidelines and rules; and experience suggests that in A.A.’s ‘benign anarchy,’ rules, rigidity and attempts to control don’t work very well.”

Whether an individual A.A. group chooses to include the crosstalk ‘guidelines’ in its meeting format is entirely up to its group conscience to determine, of course. But please do not say that such guidelines came from the General Service Office.