

Mountain Doin's

Central Office
Newsletter
May 2011



May Anniversaries

Acceptance Group

Elizabeth B. 5/10/95 16 years

Asheville Big Book Step Study Group

Jason M. 5/5/04 7 years

Jennifer E. 5/1/06 5 years

Michaeline W. 5/28/98 13 years

Sarah C. 5/31/05 6 years

Back to Basics Group

Ross S. 5/12/94 17 years

Scott W. 5/20/09 2 years

Vivian G. 5/31/79 32 years

Brevard Serenity Group

Leslie C. 5/3/97 14 years

Linn B. 5/15/96 15 years

Deborah R. 5/27/85 26 years

Columbus Group

Pierce L. 5/1/07 4 years

Marc 5/17/09 2 years

Rosa L. 5/27/10 2 years

Cumberland Group

Lee R. 5/8/92 19 years

Rusty M. 5/10/83 28 years

Scott B. 5/15/09 2 years

Michael S. 5/19/05 6 years

Karl 5/24/08 3 years

Fletcher Group

Ron H. 5/31/95 16 years

Grace Group

Jennie P. 5/1/07 4 years

Casey C. 5/5/10 1 year

David L. 5/7/91 20 years

Michael R. 5/8/87 24 years

Bruce K. 5/11/98 13 years

Mark M. 5/14/86 25 years

Anthony T. 5/15/98 13 years

Kimberly K. 5/17/09 2 years

Debbie P. 5/18/06 5 years

Grace Group (continued)

Bill C. 5/20/07 4 years

Ed H. 5/20/05 6 years

Dewey 5/23/03 8 years

Pam W. 5/24/10 1 year

Myriam R. 5/24/10 1 year

Charlene L. 5/24/97 14 years

Shirley E. 5/27/85 26 years

Grace 5/29/07 4 years

Chris C. 5/30/03 8 years

Erich B. 5/31/10 1 year

Hendersonville Group

Dianne M. 5/1/10 1 year

Leicester Home Group

Clay H. 5/16/09 2 years

Library Group

Lucy B. 4/16/85 16 years

Marshall Friday Night Group

Peter S. 5/13/77 34 years

Mars Hill Group

Deidre D. 5/3/76 26 years

David T. 5/28/09 2 years

Plan B Group

George D. 5/13/81 30 years

Serenity Seekers – Marion

Brittany F. 5/10/10 1 year

Crystal T. 5/10/10 1 year

Dristen G. 5/12/10 1 year

Serenity Sisters – Waynesville

Jude 5/18/10 1 year

Strange Camels

Dave L. 5/7/91 20 years

John L. 5/25/94 17 years

Jim R. 5/11/05 6 years

Women of Grace Group

Leigh C. 5/20/09 2 years

Vivian 5/31/79 32 years

6–8th

16th Annual Oak Island Lighthouse Retreat • Ft. Caswell, NC

12–15th

16th Annual Indians in Sobriety Campout • Cherokee, NC

12–15th

Spring 2011 Area Assembly & Committee Meeting • Raleigh



Districts 70, 71 & 80 Info Info Info Info

D70 CORs The Central Office Representatives meet at 2p.m. on the last Sunday of the first month of each quarter. The remaining 2011 schedule is July 31 & October 30.

D70 GSRs meet May 1 at 2:30pm. at St. Luke's Parish House, 219 Chunn's Cove Rd., Asheville.

Cooperation with the Professional Community/Public Information (CPC/PI)

There was a good turnout this month with 6 of us showing up! Thank you Dale, Geoff, Marka (our Co-Chair), Susan, and Fran so very much! We have some great opportunities to serve this year. Please let anyone who might be interested in doing some volunteer service about our monthly meetings on the last Tuesday of the month.

There was a literature table set up at the Addictions Professionals of North Carolina conference, on April 19–21. Thanks to those who took those four-hour shifts!

Coming up in May and June: MAHEC's, "Focus on Women" and the A-B Tech Nursing Program. The summer will also see a Service Rally. Stay tuned for more CPC/PI outreach events.

Did you know about Adopt-A-Doc? Individual AA members can take brochures to physicians' offices. CPC-PI can provide stands and brochures to GSR's to take to home groups for distribution.

As always, please bring old Grapevines to the monthly meeting, for distribution to medical facilities.

—Janey S.

Corrections Recently, I attended the Corrections Conference in Southern Pines. It was awesome to see so many people excited about corrections. It was also very helpful to hear from people who found AA inside the walls of prison and now are taking meetings back into correctional facilities.

Corrections continued

Our pink literature cans are dispersed in the community and we have received many donations. The donations have been used to provide literature into our 5 facilities. Thank you to everyone who contributed.

- Buncombe County Detention Center still needs volunteers. Male or Female with at least 6 months sobriety.

- Buncombe Corrections Center needs volunteers—only one man is going in at the present time. Male is preferred.

- Craggy Prison has many volunteers at this time. Thank you to all of them for their hard work and dedication on carrying the message.

Swannanoa Women's Prison now has a speaker meeting once a month. They can bring in a speaker from the outside on a one time pass.

Marion Prison still has one volunteer in the little prison and two in the big prison. Both facilities have had the same volunteers for some time now.

In love and service, Jaime S.



Here in District 70, we are currently trying to meet with treatment facility personnel to explain what **BtG** is all about. As we begin to get treatment facilities on board, **BtG** will start asking for volunteers again. Eventually, we hope to have a weblink for current info as well as ways to leave volunteer info and client info. We are learning from **BtG** coordinators in other districts and states. For more information, people can come to the TFC meeting (Trinity Episcopal, Asheville) on the last Tuesday of every month. BTG will be our main focus of discussion.

—Marky S.

Central Office Profit & Loss Report

March 2011

Working Capital March 2011

| | | |
|--------------|---------|--|
| Savings | 5037.57 | |
| Checking | 3483.72 | |
| Petty Cash | 150.00 | |
| Total | 8671.29 | |

Income

| | | |
|---------------------------|---------|---------|
| Sales Income | | |
| Conference Approved | 2148.90 | |
| Non-Conference | 587.83 | |
| Sales Tax, S&H | 294.08 | |
| Total Sales Income | | 3060.81 |

Other Income

| | | |
|----------------------------|---------|---------|
| Group Contributions | 2205.55 | |
| Individual Contributions | 10.07 | |
| Total Contributions | | 2215.62 |

Total Income

5276.43

Cost of Goods Sold

| | | |
|---------------------------------|----------|----------|
| Conference Approved | -2074.69 | |
| Non-Conference | -405.18 | |
| Total Cost of Goods Sold | | -2479.87 |

Gross Profit \ Loss

2796.56

Expense

| | | |
|------------------------|----------|----------|
| Freight | 47.61 | |
| Editor | -120.00 | |
| Copier Rental | -151.04 | |
| Office Expenses, Mis | -23.73 | |
| Payroll Expenses | -1141.23 | |
| Postage | -133.43 | |
| Rent | -444.00 | |
| Sales Tax | -10.48 | |
| Answering Service | -243.70 | |
| Internet and Telephone | -574.42 | |
| Insurance | -33.33 | |
| Total Expense | | -2679.27 |

Net Income

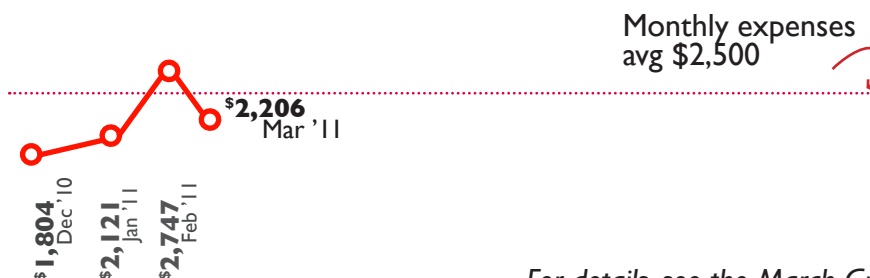
117.29

Call & Visitor Log March 2011

| | |
|-------------------------------|----|
| A.A. Crisis | 0 |
| General Information | 15 |
| Family Help | 2 |
| Meeting Information | 47 |
| Central Office Business | 43 |
| Referrals (Detox, etc.) | 0 |
| Visitors | 78 |
| Answering Svc (Operator-Asst) | 27 |

Contribution\$ at a Glance

2011



For details, see the March Group Contributions list.

This Simple Cornerstone

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

- | | |
|---|---|
| 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 | |
| September Maximum Service to God and the People About Us | |

Daily Reprieve

The Path

I walk a different path today, and now I'm not alone
 I have my God and the 12 Steps and I don't neglect the phone.
 There's a freedom in my heart today,
 There's room to spare for prayers and play,
 There's love and laughter in my soul
 Since Sobriety became my goal.
 Burdens that I carry are no longer hard to heft
 I've happily signed a new lease on life,
 And given over to God my strife,
 For God is better equipped and I'm no longer whipped.
 These days I'm taking just one day at a time,
 The way you said I should,
 And God it's working the way you said it would.
 I do my best to live in Now, I'm grateful that you taught me how.
 You gave me Honesty and Kindness.,
 And though it may seem incidental, you even threw in love,
 I experience God in my life and even got a dove.
 You shared and cared and I was able to do the same
 Then the miracle happened, I was no longer lame.
 I stayed around and was able to throw the crutch,
 What Freedom...to be released from that Demon Alki's clutch.

Exciting to be...
 Aware
 Awake
 Alert

—Vivian Grace N.

*Written
 3rd month 1980
 when I was 10 months sober*

Quick Reference Guide to Sober Slogans

- F.I.N.E.
 [I'm] Frustrated, Insecure, Neurotic, Emotional
- F.E.A.R.
 Face Everything And Recover
- N.U.T.S.
 Not Using the Steps
- E.G.O.
 Edging God Out
- D.E.N.I.A.L.
 Don't Even Notice I Am Lying
- H.A.L.T.
 [Don't get too] Hungry, Angry, Lonely, Tired
- H.O.P.E.
 Happy Our Program Exists
- H.O.W.
 Honesty, Open-mindedness, Willingness
- S.P.O.N.S.O.R.
 Sober Person Offering Newcomers Suggestions on Recovery
- G.O.D.
 Good Orderly Direction
- B.I.G. B.O.O.K.
 Believing in God Beats Our Old Knowledge
- S.L.I.P.
 Sobriety Losing Its Priority
- A.C.T.I.O.N.
 Any Change to Improve Our Nature
- P.R.O.G.R.A.M.
 People Relying on God Relaying A Message
- S.T.E.P.S.
 Solutions To Every Problem Sober
- K.I.S.S.
 Keep It Simple, Sweetheart

Heard any good ones lately? Share them with the over 120 A.A. groups and hundreds of individual A.A.s who get this newsletter every month. Send your sober slogans (acronym-style) to ncmco@bellsouth.net.



AA GRAPEVINE Click It *featurette*

Single issues of the *Grapevine* (English) and *La Viña* (Spanish) are for sale at Central Office. Great gift!

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

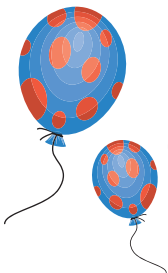
April's print issue features • Mommy Drunkest • Working Step 4 • Emotional Sobriety • Traditions Come Alive

Take part in the GV's online Poll of the Day



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



Thank Heaven for 11/11/11

A potluck breakfast and Eleventh Step meeting
celebrating the 4th Anniversary of Black Mountain's Eleventh Step study group
Sunday, June 12 • Eat 10 a.m. • Meeting 11 a.m.
Montreat Family Picnic Area

Directions: On I-40 from Asheville, exit 64 (Black Mountain) turn left off the ramp. Proceed through town and past the stone gates of Montreat, to the Y. Take the left fork, about a half-mile, to the sign that says Calvin Trail Picnic Grove and Campground. Turn right and park anywhere along that road. Picnic area is on the right.
Jude T. • cloudcottage@bellsouth.net • 828/669/0920

Foothills Area Picnic
Tryon, Columbus, Mill Spring, Saluda, Landrum AA
at Tryon's Harmon Field Open-Air Gym ... and Volleyball

Saturday May 7 • Starts at 11 am til 3-ish

Amazing Food by Herb C. and Michael M. • Bring a covered dish—side items and desserts—if you would like. Main fare+ will be provided, along with tea, coffee, water, and soda.
There's great fishing within 30 feet...bring your gear!



Spring into Sobriety

with the
Acceptance Group
219 Chunn's Cove Rd
Asheville

Saturday May 21

Meeting 9am
Coffee & Fellowship 10am
Picnic & Games 11am–2pm
Cleanup 3pm



30th
Anniversary!

Group Contributions\$

| | March'11 | YTD |
|---------------------------|----------|------------|
| Acceptance | | \$1,100.00 |
| Around the Room | \$30.97 | \$70.97 |
| Back to Basics | | \$150.00 |
| Big Town Grp | | \$126.97 |
| Black Mountain Grp | | \$10.70 |
| Brevard Serenity | | \$90.00 |
| Candler KISS Grp | | \$111.00 |
| Cashiers Valley Grp | | \$144.00 |
| Columbus Grp | | \$90.00 |
| Common Sense Grp | | \$159.04 |
| Conscious Contact (AVL) | | \$400.00 |
| Cumberland | | \$256.84 |
| Cullowhee Valley Grp | \$75.90 | \$75.90 |
| Day by Day Grp | \$233.00 | \$233.00 |
| Edneyville Grp | | \$15.00 |
| Eleven-Eleven-Eleven | | \$20.00 |
| Fellowship Grp - Fletcher | | \$45.00 |
| Fletcher Grp | \$250.00 | \$250.00 |
| Good Livers | \$250.00 | \$375.00 |
| Grace Grp of Asheville | \$510.66 | \$510.66 |
| Grace of God Grp | | \$50.00 |
| Hand-in-Hand Grp | | \$25.00 |
| Happy Hour Grp | | \$225.75 |
| Hot Springs Grp | \$100.00 | \$100.00 |
| Joy of Living Grp 629-397 | \$100.00 | \$100.00 |
| Joy of Living Grp 669-820 | | \$25.00 |
| Kanuga Grp | \$22.50 | \$45.00 |
| Marshall Grp | | \$100.00 |
| Mid Day Grp (HVL) | \$110.00 | \$435.93 |
| Mill Spring Grp | | \$15.00 |
| Mission Grp | | \$50.00 |
| Monday Night Open Mtg | \$144.50 | \$144.50 |
| Murphy Grp | | \$10.00 |
| New Freedom Grp | \$10.56 | \$40.56 |
| New Hope Grp | | \$23.75 |
| Pisgah Grp | \$66.00 | \$66.00 |
| Plan B Grp | | \$100.00 |
| Recovery by the River | | \$51.20 |

| | | |
|--------------------------------|------------|------------|
| Safe N Sound Grp | | \$38.00 |
| Second Chance Grp Cherokee | | \$23.75 |
| Serenity Seekers Grp | \$50.00 | \$50.00 |
| Serenity Service 110-498 | \$30.00 | \$90.00 |
| Speed Bump Grp | | \$50.00 |
| Strange Camels | \$15.00 | \$15.00 |
| Sunshine AA Grp | \$50.00 | \$50.00 |
| The Last Chance Grp | | \$50.00 |
| Three Alarm Grp | | \$30.00 |
| Total Surrender Grp | \$50.00 | \$100.00 |
| Traditional Grp | | \$100.00 |
| Thursday Afternoon Ladies' Grp | | \$50.00 |
| Waynesville Grace Grp | | \$304.00 |
| West Asheville Grp | | \$100.00 |
| Women of Courage | \$106.46 | \$106.46 |
| Women of Grace | | \$26.25 |
| Young People's Grp | | \$49.29 |
| Total Grp Contr. | \$2,205.55 | \$7,074.52 |

Individual Contributions

| | | |
|-------------------|---------|----------|
| Anonymous | | \$150.00 |
| In Memory of B.G. | \$10.00 | \$30.00 |
| Cash Sale | \$0.07 | \$2.55 |
| Total Ind. Contr. | \$10.07 | \$182.55 |

Grand Total \$2,215.62 \$7,257.07

AREA MEETING CHANGES

BREVARD: Cancellation - Friday, 5:30
Serenity Group meeting at the French
Broad Community Center

HENDERSONVILLE: **Plan B Group**
has two new meetings at the Cox
House, 723 Grove Street:

- Wednesday 5:30 "Back to Basics" meeting - open discussion
- Friday 10pm "Candlelite - Late Nite Meeting" - open discussion

MARION: Cancellations- **Both**
Wednesday & Friday 7pm meetings
at St Matthews Church, 241 Court St.