

July Anniversaries

Asheville Big Book Step Study Group

CORs meet July 31
2:30p • St. Luke's
Asheville

| Linda S. | 7/22/83 | 28 years | Grace Group continued | | |
|------------------|-------------------------------|----------|---------------------------------|------------------------------|----------|
| | Back to Basics Group | | Dean W. | 7/24/09 | 2 years |
| Bob M. | 7/7/06 | 5 years | John P. | 7/25/05 | 6 years |
| 5 00 i i. | | • | Joe P. | 7/25/10 | I year |
| | Brevard Serenity Group | | Elizabeth H. | 7/26/06 | 5 years |
| Claudia S. | 7/7/06 | 5 years | Sam S. | 7/27/10 | l year |
| Dale M. | 7/7/94 | 17 years | Carla W. | 7/28/07 | 4 years |
| | Columbus Group | | Bob Pa. | 7/31/01 | 10 years |
| Jim R. | July | 7 years | Grace Group (omitted from June) | | |
| | Cumberland Group | | Liz N. | 6/1/10 | l year |
| John S. | 7/4/07 | 4 years | Bob Po. | 6/2/92 | 19 years |
| David T. | 7/21/93 | 18 years | Pete H. | 6/2/00 | II years |
| | East Flat Rock | | Norman L. | 6/4/05 | 6 years |
| Pam D. | 7/22/04 | 7 years | Susan R. | 6/7/05 | 6 years |
| . a 5. | | 7 / 6413 | Marky S. | 6/8/05 | 6/years |
| | Fletcher Group | | Paul S. | 6/10/85 | 26 years |
| David T. | 7/11/90 | 21 years | Gayle R. | 6/12/09 | 2 years |
| | Grace Group | | Katie K. | 6/13/97 | 14 years |
| George P. | 7/1/08 | 3 years | Donna C. | 6/09 | 2 years |
| Paul J. | 7/2/08 | 3 years | Hendersonville Group | | |
| Judy M. | 7/3/94 | 17 years | Shawn K. | 7/02/06 | 5 years |
| Blair T. | 7/4/89 | 22 years | Stephen O. | 7/08/05 | 6 years |
| Alan B. | 7/5/06 | 5 years | Brian S. | 7/07/07 | 4 years |
| Scott B. | 7/7/10 | l year | Steve D. | 7/04/10 | l year |
| Anne R. | 7/8/07 | 4 years | Jackie | 7/14/10 | l year |
| Edward M. | 7/9/07 | 4 years | jucitie | | ı /cai |
| Cathy K. | 7/10/10 | l year | | Leicester Group | _ |
| Carol V. | 7/12/07 | 4 years | Debbie W. | 7/4/09 | 3 years |
| Jaedee | 7/13/98 | 13 years | | Mars Hill Group | |
| Jim D. | 7/14/08 | 3 years | Sandy U. | 7/12/78 | 33 years |
| Johathan J. | 7/14/09 | 2 years | • | enity Sisters – Waynesv | • |
| Vanessa D. | 7/17/07 | 4 years | Carol L. | 7/2/07 | 4 years |
| Stan W. | 7/19/06 | 5 years | | Thus Alaum Graun | , |
| Joe T. | 7/22/10 | l year | Gene Ma. | Three Alarm Group 7/13/05 | 4 40000 |
| Linda M. | 7/24/06 | 5 years | Gene Ma. | //13/03 | 6 years |

New to Central Office

Bob K., long-time Central Office volunteer, and Jeff R. (also a volunteer there) have shouldered the job of maintaining and growing the 12th Step Call List. They'll be refreshing the list; working closely with Daniels Communications, the answering service that handles calls during non-business hours; and with the volunteers and our office manager, Myra, at Central Office.

Thanks, Bob and Jeff, for demonstrating commitment to AA!



Districts 70, 71 & 80 Info Info Info Info

Central Office Representatives (CORs)

Central Office Representatives meet at 2p.m. on the *last Sunday of the first month of each quarter*.

The remaining 2011 COR General Assembly schedule is July 31 & October 30. We hope to see you at 2:30p Sunday, July 31, where you'll hear about the Office's financial health as well as current and upcoming service opportunities, such as • 2012 Board of Directors (see service descriptions elsewhere in this newsletter) • Office volunteers openings • 12th Step Call Volunteer List

and let the Board know what your groups want or need, such as • Literature • Webpages • Special events Questions about the next COR meeting? Contact Central Office at ncmco@bellsouth.net.

D70 Treatment Facilities & BtGap

These treatment facilities meetings could use some outside support:

VA - Mon and Fri at 12:30pm VA - Speaker Meeting Wed at 6:00pm ABCCM (Vets Inn) -Every day at 5:00. AA volunteers should check in at the desk. Women's First Step Farm -Tuesday at 6:30

any AAs in the community who have signed up to be Bridging the Gap (BtG) volunteer are asking if the program has started. We want to let them all know that BTG is doing fabulous in District 70!

Apparently, people are wondering what is happening because they are not being called to help. Unfortunately, many of the 'bridges' have been made outside our community. If a 'bridge' was made in your area and you were not called could be due to several factors. Examples of which, you did not live in the area of town needed, another random volunteers in the area needed was called first and accepted the call, your gender did not meet the requirement...

Just as with the 12-step phone list at Central Office -we choose for the long list of volunteers and want to make sure that the 'bridge' is a good match. At this time the criteria is based on location and gender. We will soon add other criterias such as age group, languages spoken, and whether we can leave a phone message or not.

We will do our best not to call on the same person twice so that all will have a chance to participate.

D70 GSRs meet July 10 at 2:30pm at St. Luke's Parish House, 219 Chunn's Cove Rd., Asheville. **D71 GSRs** meet August 14 at 1:30pm Eat 'n Greet/2:00pm Meeting at Columbus Presbyterian Church, 21 Penial Road, Columbus.

District Committee Coordinators, send updates on committee meeting times, recent activity, and upcoming service opportunities!

The August issue's deadline is July 15.

Central Office Profit & Loss Report May 2011

Working Capital May 2011

| Savings | 6541.19 |
|------------|---------|
| Checking | 4309.01 |
| Petty Cash | 150.00 |

Total 10850.20

Check out the Treasurer's good-news note, on the next page, about Central Office's goal for the prudent reserve.

Call & Visitor Log April 2011

A.A. Crisis 6
General Information 8
Family Help 5
Meeting Information 55
Central Office Business 46
Referrals (Detox, etc.) 3
Visitors 82
Answering Svc (Operator-Asst) 41

Income

| Sales Income Conference Approved Non-Conference Approved Sales Tax, S&H Total Sales Income | 1281.20 818.02 171.21 2270.43 | |
|---|--|---------------------------------|
| Other Income Group Contributions Individual Contributions Total Other Income | 2561.07 10.84 2571.91 | |
| Total Income | | 4849.34 |
| Cost of Goods Sold Conference Approved Non-Coference Approved Total Cost of Goods Sold | | -1204.79 -513.91 -1718.70 |
| Gross Profit \Loss | | 3130.64 |
| Expense | | |
| Freight | | -25.91 |
| Editor | | 0.00 |
| Copier Rental | | - 44 .12 |
| Office Expenses, Mis | | -36.35 |
| Payroll Expenses | | -760.82 |
| Postage | | -94.94 |
| Rent | | -453.00 |
| Sales Tax | | 0.00 |
| Answering Service | | -361.64 |
| Internet and Telephone | | -267.00 |
| Insurance | | 0.00 |
| Total Expense | | -1989.33 |
| Net Income | | 1141.31 |

Contribution\$ - at a Glance



Monthly expenses avg \$2,500



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.)

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

December Loss of Control

Fear, the "Corroding Thread"

False Expectations Appearing Real

"It was an evil and corroding thread...the fabric of our lives was shot through with it. It [fear] seemed to set in motion trains of circumstances which we felt we didn't deserve. But did not we, ourselves, set the ball rolling?" Big Book, p. 67

"When we became alcoholics, crushed by a self-imposed crisis we could not postpone or evade, we had to **fear-lessly** face the proposition that either God is everything or else He is nothing. God either is, or He isn't. What was our choice to be?" Big Book, p. 53

Fear is a "basic disturbance" which must be watched for. (Twelve Steps and Twelve Traditions)

Share your experience, strength, and hope on a future topic-ofthe-month (see the list at the top of this column). Just write up a short piece and email it to ncmco@bellsouth.net by the 15th.

August's topic is "Character Defects." Be sure to send your written contribution in time: July 15.



NCMCO's Self Support

AA suggests that three months' operating expenses (rent, phone, staff costs, copier contract, literature inventory, etc.) be set aside as a prudent reserve. To that goal, Bob S., treasurer of the North Carolina Mountain Central Office for the last two years, reported at last night's monthly Board meeting that in May, \$1,000 more was added to the \$5,500 already reserved. The Board hopes to reach its \$7,500 goal in the not-too-distant future, and with the contributions of AAs in Districts 70, 71, and 80, it will be done. Your purchases and donations help Central Office serve all of AA in Western North Carolina. *Thanks*, everybody!

2012 NCMCO BOARD OPENINGS

Back in 1974, the North Carolina Mountain
Central Office was set up, with a Board of
Directors to run it. At the end of 2011, some of
its volunteer Board members will be rotating out
of service, and the following positions will be
open to qualified members of Alcoholics Anonymous. Elections will be held late this year and
service begins January 2012.

ALTERNATE CHAIRPERSON

The alternate chair works with other Board members to set the agenda; assists the chair as needed.

Current Alternate: George D. (District 71)

SECRETARY

The secretary keeps/updates written records for the Office—including, but not limited to, the minutes of Board meetings. Current Secretary: Pete S. (District 70)

TREASURER

The treasurer works closely with the Office manager in all matters financial; makes written reports to the Board. Current Treasurer: Bob S. (District 70)

TRUSTEE, DISTRICT 70

The trustee meets with other Board members to guide office operations; liaises with District's Central Office Reps. Current Trustee: Suzanne T.

IMMEDIATE SERVICE OPPORTUNITY

TRUSTEE, DISTRICT 71

The trustee meets with other Board members to guide office operations; liaises with District's Central Office Reps. Trustee Rob W. resigned his position in June.



The digital Mountain Doin's is interactive! Sign up for your free, full-color issue at ncmco@bellsouth.net.

AA GRAPEVINE featurette

ach July, Grapevine publishes its annual prison issue which shares stories from prisoners and former prisoners, who demonstrate through their stories that they are free emotionally, physically and spiritually, through their recovery. Read about

- A member confined for committing murder during a relapse
- A former inmate returns to the last place he wants to be, in order to take a meeting to prisoners
- A woman is finally able to confront her alcoholism when she is sentenced to jail

You can find these stories and many more on the newly relaunched AA Grapevine Web site.

aagrapevine.org Click lt lavina.org

Do you go to meetings when you are travelling?

Yes, I hit a meeting every day when I'm in a new place.
Yes, I try to make at least one meeting when I'm out of town.
I bring meeting information but don't always make one.
No, I just can't find the time.

What's your story? Tell the Grapevine! (La Viña en Español) Visit i-Poll to vote on the above question.

AREA MEETING CHANGES

Fellowship Group (Fletcher): Time change Saturday women's meeting (Calvary Episcopal Church) is changing the time from 10:30am to 11:30

Horse Shoe: New meeting, "We Think Not," on Monday nights at 7:00pm at Cummings Memorial Methodist Church, 3 Banner Farm Road; closed, lead/discussion.

Columbus: A new, 8p Friday meeting was mistakenly reported to us in the June Mountain Doin's.

Brevard: Cancellation - Friday, 5:30 Serenity Group meeting at 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 Ch., 241 Court St.

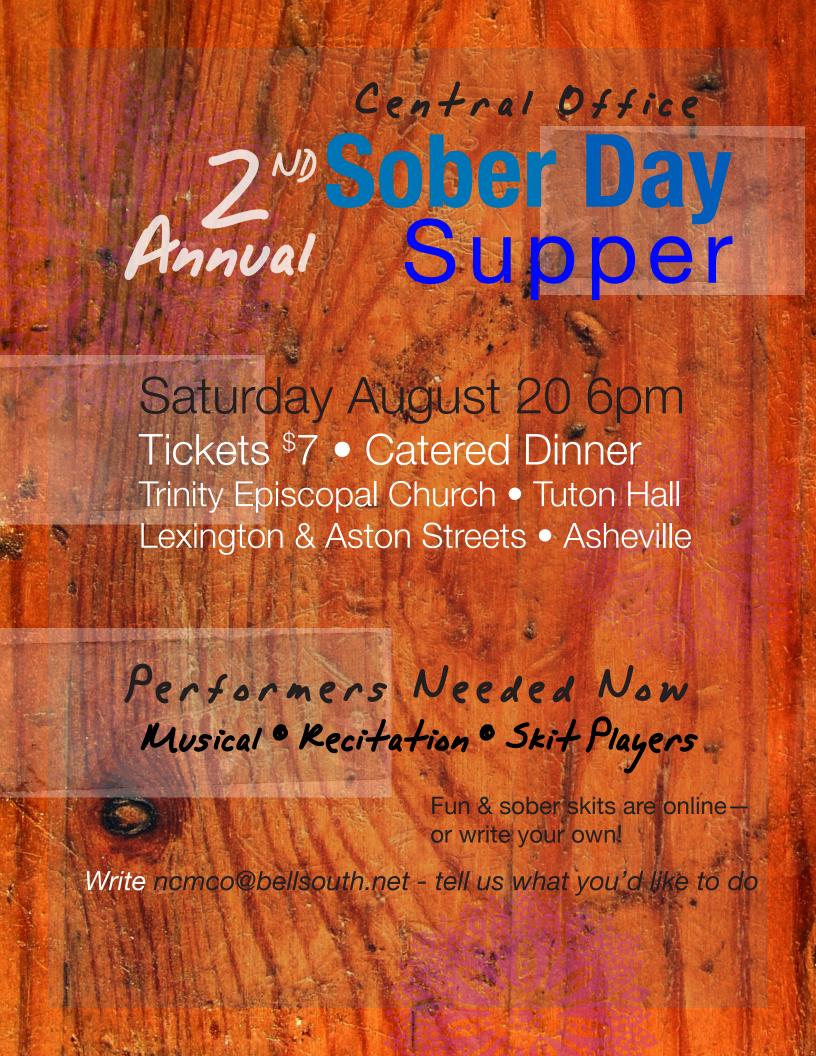
Asheville: **New Meeting** Day by Day Group, Tuesday, 5:30pm, at 1st Presby. Church, 40 Church St. (enter off the side alley in back of the church). (CD)

Brevard: Joy of Living Group has **cancelled** the Thursday, 7:30pm women's meeting at Philips Episc. Church. They now meet on Saturday mornings at 10am at the Brevard Davidson River Church. (WOD)

East Flat Rock: **Correction** Upward Group – The last Friday of the month's 6:00pm meeting is an open speaker format. (0, SP)

Bryson City: **Time change** Bryson City Group, Thursday, 6:30pm meeting at Bryson City Presby. Ch, 311 Everest St., now meets at 12 noon. (OD)

Lake Toxaway: **New Meeting** Gloucester Group, Monday, 8:00pm Silverstein Community Center, 3329 Macedonia Rd. (OD)



Self Support • 7th Tradition • 7th Tradition • 7th Tradition • 7th Tradition • 7th Tradition

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| | Grou | ip Cor | itribution | Las | st month's contributio |
|-----------------------------|----------|------------|---------------------------|---------------|-------------------------|
| | ay'l l | YTD | | V | vere for April, not May |
| Acceptance | , | \$1,340.00 | New Freedom Group | | \$40.56 |
| Around the Room | \$30.00 | \$100.97 | New Hope Group | \$18.00 | \$41.75 |
| Back to Basics | | \$150.00 | No Name Group - Murphy | / | \$35.00 |
| Big Town Group | | \$221.85 | Pisgah Group | | \$66.00 |
| Black Mountain Group | | \$10.70 | Plan B Group | | \$100.00 |
| Brevard Serenity | | \$90.00 | Practicing Priciples | | \$67.50 |
| Candler KISS Group | | \$171.00 | Recovery by the River | | \$111.20 |
| Cashiers Valley Group | | \$205.62 | Roundtable Group | \$109.00 | \$109.00 |
| Columbus Group | | \$90.00 | Safe N Sound Group | | \$103.09 |
| Common Sense Group | \$47.68 | \$256.93 | Second Chance Grp -Cher | okee\$18.00 | \$41.75 |
| Conscious Contact (Ashevi | lle) | \$400.00 | Serenity Seekers Group | | \$50.00 |
| Cumberland | | \$256.84 | Serenity Service 110-498 | \$30.00 | \$150.00 |
| Cullowhee Valley Group | | \$75.90 | Speed Bump Group | | \$50.00 |
| Daily Decisions | \$600.00 | \$600.00 | Strange Camels | | \$15.00 |
| Day by Day Group | | \$233.00 | Sunshine AA Group | | \$50.00 |
| Edneyville Group | | \$15.00 | The Last Chance Group | \$50.00 | |
| Eleven-Eleven | | \$50.00 | Three Alarm Group | | \$60.00 |
| Fellowship Group - Fletcher | r | \$125.00 | Total Surrender Group | | \$100.00 |
| Fireside Group | \$150.00 | \$150.00 | Traditional Group | | \$100.00 |
| Fletcher Group | | \$250.00 | Thursday Afternoon Ladies | Grp | \$50.00 |
| Good Livers | | \$375.00 | Tryon 12 & 12 | | \$16. 4 0 |
| Grace Group of Asheville | \$733.67 | \$1,244.33 | Tuesday nite Men's BB | | \$60.15 |
| Grace of God Group | \$57.00 | \$107.00 | Waynesville Grace Group | | \$304.00 |
| Hand-in-Hand Group | | \$25.00 | West Ashevillle Group | | \$100.00 |
| Happy Hour Group | | \$337.80 | Women of Courage | | \$106. 4 6 |
| Hot Springs Group | | \$100.00 | Women of Grace | \$51.00 | \$77.25 |
| Joy of Living Group 629-397 | | \$100.00 | Young People's Group | \$38.22 | \$87.5 I |
| Joy of Living Group 669-820 |) | \$25.00 | | | |
| Kanuga Group | \$45.00 | \$90.00 | Total Group Contributions | s:\$2,561.07 | \$10,968.59 |
| Leicester Group | | \$50.00 | Individual contributions | | \$0.00 |
| Marshall Group | \$116.50 | \$216.50 | Anonymous | | \$150.00 |
| Mid Day Group (HVL) | \$315.00 | \$921.03 | In Memory of B.G. | \$10.00 | \$50.00 |
| Mill Spring Group | | \$35.00 | Cash Sale | \$0.84 | \$3.87 |
| Mission Group | | \$50.00 | Total Individual Contribu | tions:\$10.84 | \$203.87 |
| Monday Night Open Mtg. | \$192.00 | \$336.50 | | | |
| Murphy Big Book Group | \$10.00 | \$20.00 | Grand Total | \$2,571.91 | \$11,172.46 |

