

# Mountain Doin's

Central Office  
Newsletter  
August 2011



Central Office is open Mon., Wed., & Fri. 10-1 and Tues/Thurs 1-4. (828) 253-8549

## August Anniversaries

<b>Asheville Big Book Step Study Group</b>			<b>Hendersonville Group</b> <i>continued</i>		
Harry S.	8/6/84	27 years	Carol P.	8/11/10	1 year
Mary T.	8/21/87	24 years	Joe B.	8/2/10	1 year
<b>Back to Basics Group</b>			<b>Leicester Group</b>		
Pete M.	8/8/83	28 years	Ann I.	8/6/89	22 years
Diane M.	8/9/93	18 years	Ralph A.	8/23/09	2 years
<b>Brevard Serenity Group</b>			Wayne B.	8/15/05	6 years
Barb E.	8/21/90	21 years	<b>Library Group (July)</b>		
Paul W.	8/3/97	14 years	Debbie P.	7/26/01	10 years
Ken B.	8/13/84	27 years	<b>Mars Hill Group</b>		
<b>Cumberland Group</b>			Diane McG.	8/9/93	18 years
Lynda Mc.	8/6/85	26 years	<b>Mid-Day Group</b>		
Wayne B.	8/15/05	6 years	Ed L.	8/31/89	22 years
Tom H.	8/23/05	6 years	Charlene O.	8/30/02	9 years
<b>Fletcher Group</b>			Bob P.	8/21/05	6 years
Debra	8/3/09	2 years	Don F.	8/18/70	41 years
<b>Grace Group</b>			<b>Serenity Seekers – Marion</b>		
Brad S.	8/2/01	10 years	Casey H.	8/3/10	1 year
Dana K.	8/2/10	1 year	<b>Serenity Sisters – Waynesville</b>		
Ed B.	8/3/09	2 years	Royal P.	8/5/70	41 years
Lynette G.	8/3/10	1 year	Jill B.	8/5/10	1 year
Kathleen K.	8/6/87	24 years	Rhonda I.	8/6/97	14 years
Sue T.	8/6/03	8 years	Adria C.	8/8/08	3 years
Jen L.	8/8/08	3 years	Kristi S.	8/11/01	10 years
Le'Ann M.	8/8/08	3 years	Candy P.	8/15/87	24 years
Tom M.	8/9/10	1 year	Mary W.	8/15/10	1 year
Rufus L.	8/10/10	1 year	Elsie C.	8/17/02	9 years
Isis S.	8/12/09	2 years	Melaniett	8/30/10	1 year
Brent R.	8/25/00	11 years	<b>Three Alarm Group</b>		
Wiley	8/28/10	1 year	Lee D.	8/5/92	9 years
Wendy B.	8/30/06	5 years	<b>Upward Group (July)</b>		
Leslie S.	8/31/10	1 year	Pam D.	7/22/04	7 years
<b>Happy Hour Group</b>			<b>Wits End Group (July)</b>		
Steven E.	8/11/10	1 year	Monica G.	7/26/99	12 years
Debbie R.	8/22/02	9 years	<b>Women of Grace</b>		
<b>Hendersonville Group</b>			Michele F.	8/10/06	5 years
Peter R.	8/6/09	2 years	Denise D.	8/13/99	12 years
Renee M.	8/22/10	1 year	Julie F.	8/16/10	1 year
Dick D.	8/26/10	1 year			

# Districts 70, 71 & 80 Info Info

**D71 GSRs** meet August 14 at 1:30pm Eat 'n Greet/2:00pm Meeting at Columbus Presbyterian Church, 21 Penial Road, Columbus.

**D70 GSRs** meet August 14 at 2:30pm at St. Luke's Parish House, 219 Chunn's Cove Rd., Asheville.

**District Committee Coordinators**, please send updates on committee meeting times, recent activity, and upcoming service opportunities! *The September issue's deadline is August 15.*

## Central Office Representatives (CORs)

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

The last 2011 COR General Assembly will be Sunday, October 30, at 2:30p, at 219 Chunn's Cove Rd.

Questions about the next COR meeting? Contact Central Office at [ncmco@bellsouth.net](mailto:ncmco@bellsouth.net).

# Asheville UNITY August 27 IN ACTION

- 10 am Harry S (Asheville, NC):  
**The 12 Traditions**
- 11:15 am Melissa B (Mt Pleasant, SC):  
**Spiritual Pride & Other Sinister Defects**
- 12:30 pm Lunch
- 1:00 pm Sterling W (Greenville, SC):  
**His Story**

No registration fee.  
POTLUCK! Sandwiches provided,  
bring a side dish or dessert!

For more information email questions to  
[pisgahgroupasheville@gmail.com](mailto:pisgahgroupasheville@gmail.com)  
or call Jeremy at 828-768-2087 [Click It](#)

## LOCATION

Calvary Baptist Church  
531 Haywood Rd  
Asheville, NC 28806

From I-240E  
Take exit 2  
Left on Hanover  
Left on Haywood



From I-240 W  
Take exit 2  
Right on Haywood



BROUGHT TO YOU BY

*The Pisgah Group*

## A.A. Calendar

**Aug 11–14.** The 64th Annual North Carolina State Convention and the 67th Southeastern Conference. Theme: "Language of the Heart." North Raleigh Hilton Midtown Hotel, 3415 Wake Forest Rd., Raleigh. \$15 registration fee (Al-Anon teens are free but must register). Speakers • Old Timers' Panel • Delegate-Led Workshops • Al-Anon Open Discussion Meetings • Convention Dance. See flier at Central Office or write [nconference@nc.rr.com](mailto:nconference@nc.rr.com).

**Aug 27.** Unity in Action Mini-Conference, sponsored by the Pisgah Group. 10am–2pm. Calvary Baptist Church, 531 Haywood Rd., Asheville. No registration fee. The 12 Traditions - Harry S. (Asheville); Melissa B. (Mt. Pleasant SC) - Spiritual Pride and Other Sinister Defects; Sterling W. (Greenville SC) - His Story. Sandwiches provided; bring side to share. Go to [www.pisgahgroupasheville.com](http://www.pisgahgroupasheville.com) or call Jeremy (828) 768-2087.

# Central Office Profit & Loss Report

## June 2011

### Working Capital

Savings	6541.34	
Checking	2910.86	
Petty Cash	150.00	
Total		9602.20

### Call & Visitor Log April 2011

A.A. Crisis	3
General Information	10
Family Help	6
Meeting Information	54
Central Office Business	41
Referrals (Detox, etc.)	3
Visitors	99
Answering Svc (Operator-Asst)	58

### Income

Sales Income		
Conference Approved	1382.68	
Non-Conference Approved	667.65	
Sales Tax, S&H	181.20	
Total Sales Income		2231.53

### Other Income

Group Contributions	1471.12	
Individual Contributions	11.05	
Total Other Income		1482.17

Total Income 3720.70

### Cost of Goods Sold

Conference Approved	-1335.06	
Non-Conference Approved		-432.25
Total Cost of Goods Sold		-1767.31

Gross Profit \Loss 1953.39

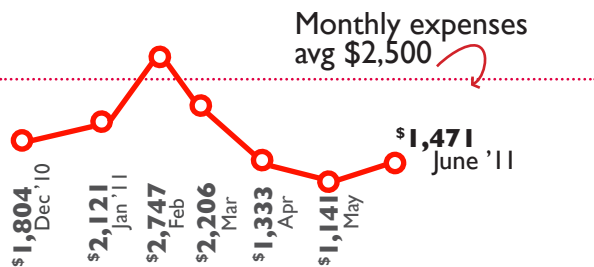
### Expense

Freight	-51.19	
Editor	-240.00	
Copier Rental	-151.04	
Office Expenses, Mis	-196.91	
Payroll Expenses	-760.81	
Postage	-109.60	
Rent	-453.00	
Sales Tax	-8.96	
Answering Service	0.00	
Internet and Telephone	-56.65	
Insurance	0.00	
Total Expense		-2028.16

Net Income -74.77

### Contribution\$ at a Glance

2011



*The full-color e version of the Mountain Doin's is interactive. Sign up for your personal copy today!*

## This Simple Cornerstone

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

**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

### August: Character Defects

**Character** (n.) mental and ethical traits that make up an individual's moral condition

**Defect** (n.) flaw; inadequate feature (syn.: shortcoming)

**Character+Defect** = a failing of decency or ethical behavior, which causes me to "fall short" of God's will

To get real and to go deeper in recovery, I had to become ready to take my inventory, so as to *face and be rid of the things in myself which were blocking me from the Sunlight of the Spirit*. That meant digging into dark places I hadn't wanted to look at before. With the help of a sponsor and the Big Book, I can do that. Whenever life feels unfair, I know I can look for the selfishness that is keeping me from relying on my Higher Power. And it is only by honestly facing my flaws that I can grow in sobriety. —ST

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

*September's topic is "Maximum Service to God and the People About Us." Be sure to send your written contribution in time: August 15.*

### What Your Dollars Make Possible

The financial support your group gives North Carolina Mountain Central Office helps to provide a **24-hour phone service** • create/mail this **monthly newsletter** (print/interactive digital) • keep **chips and medallions** in stock • shelves full of **AA literature** • keep office hours • pay an **office manager** and **newsletter editor** • put on an annual **Sober Day Supper** • maintain a **Step 12 volunteer call list** • **work** with Districts • maintain and publish **meeting schedules** • act as a **clearinghouse** for events info • & much more!

## 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.





## AA GRAPEVINE *featurette*

How has your life been altered by the relationships that you form in the rooms? Given that alcoholics are notorious for not being able to forge relationships, it is amazing how in recovery that Fellowship becomes a cornerstone of our lives and our sobriety. But relationships are not always easy when sober.

In this issue, you'll find poignant stories of bonds that have been created, broken and rebuilt. Two inseparable women get sober together, only to have one of them relapse in "Fractured Friendship." Two other women, who couldn't be more different, form a lifetime friendship in "Tale of Two Sisters." And what about sex? A man learns his part in his wife's infidelity in "Love on the Rocks," relying on the tools of the Program to repair a foundering marriage.

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

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

### Were you in a relationship during your first year of sobriety?

- Yes, I was already in a relationship when I came to AA.  
 Yes, I began a relationship during my first year.  
 No, I was single in my first year.

Share a piece of your story online the Grapevine! Visit i-Poll ([www.aagrapevine.org](http://www.aagrapevine.org)) to vote on the above question.

## AREA MEETING CHANGES

**Asheville:** **New** meditation meeting - Tuesday, Thursday, and Saturday, 7:00am, Room 301, 1st Congregational Church of Christ, 20 Oak Street

**Fletcher: Correction:** Monday 6:30pm Fellowship Group meeting is not men only—it's open discussion. (O, D)

**Fellowship Group (Fletcher):** The **Saturday women's** meeting, Calvary Episcopal Church, is changing its time from 10:30am to 11:30am

**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. (C, SP, D)

**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 (O, D) • Friday 10pm "Candlelite - Late Nite Meeting" (O, D)

**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). (C,D)

**Brevard:** Joy of Living Group has cancelled the Thursday, 7:30pm women's meeting at Philips Episc. Church; it now meets on **Saturday mornings at 10am** at the Brevard Davidson River Church. (W,O,D)

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

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



Central Office  
**2<sup>ND</sup> Annual Sober Day Supper**

Saturday August 20 6pm

Tickets \$7 • Catered Dinner

Trinity Episcopal Church • Tuton Hall

Lexington & Aston Streets • Asheville

*Performers Needed Now*  
*Musical • Recitation • Skit Players*

Fun & sober skits may be found on  
the Internet—or write your own!

*“Laughed so hard I  
thought my britches  
would break”--Jim K.*

**Write [ncmco@bellsouth.net](mailto:ncmco@bellsouth.net) -  
tell us what you'd like to do**

*“Worth every penny and then  
some”--Suzanne T.*

**“Three  
thumbs up!”  
-- Pete S.**

*“Best stuff I've seen since the  
Three Stooges”--Mary B.*

