

Mountain Doin's

Central Office
Newsletter
September 2011



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

September Anniversaries

Asheville Big Book Step Study Group

Dana R.	9/10/07	4 years
Liz R.	9/1/03	7 years
Mary Mc.	9/20/98	13 years

Back to Basics Group

Jeff G.	9/6/89	22 years
Ginger H.	9/13/91	20 years
Cate M.	9/25/82	29 years

Brevard Serenity Group

Jane L.	9/10/89	22 years
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Cumberland Group

Bob R.	9/7/83	28 years
Tadd C.	9/14/87	24 years
Sean B.	9/24/08	3 years
Michael P.	9/27/08	3 years

Fletcher Group

George	9/30/89	22 years
Milam W.	9/28/90	21 years

Grace Group

Audrey Y.	9/23/02	9 years
V. B.	9/7/10	1 year
Bill E.	9/30/94	17 years
Casey S.	9/11/00	11 years
Dave M.	9/17/96	15 years
Don B.	9/2/90	21 years

Grace Group *continued*

Elizabeth B.	9/1/90	21 years
Jim H.	9/7/10	1 year
John M.	9/18/02	9 years
Jon B.	9/1/03	8 years
Lee P.	9/22/10	1 year
Mary Beth H.	9/6/05	6 years
Nat C.	9/26/89	22 years
Shari D.	9/11/07	4 years
Tim R.	9/17/07	4 years
Vivian G.	9/26/86	25 years

Hendersonville Group

Ike F.	9/1/07	4 years
Raymond F.	9/18/96	15 years
Oscar F.	9/20/95	16 years

Mars Hill Group

Jeff G.	9/6/89	22 years
John C.	9/26/09	2 years

Serenity Seekers - Marion

Arnette	9/15/08	3 years
Jacob R.	9/22/10	1 year
Mike C.	9/24/09	2 years

Women of Grace

Cleta S.	9/3/95	16 years
Ruthie C.	9/14/91	20 years

Acronym Soup

COR Central Office Representative - attends COR meetings

GSR General Service Representative - attends District meetings, Area Assemblies

DCM District Committee Member - attends Area Assemblies and other Area service meetings

CPC Cooperation w/ the Professional Community - liaises with nurses, lawyers, and the like

PI Public Information - mans AA literature tables at conferences, etc.

TFC Treatment Facilities Committee - liaises with treatment center staff

BtG Bridging the Gap - links a "graduating" treatment-center client to an outside, AA contact

Districts 70, 71 & 80 Info Info

Remember to post
your District 70
events & fliers at
www.ashevilleaa.org

D71 GSRs meet Sunday, November 6, in Hendersonville, 1620 Willow Road. Eat & Greet at 1:30, meeting at 2:00.

D70 GSRs meet September 18 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 October issue's deadline is September 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 COR General Assembly of 2011 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.

D70 Treatment Contact

You can reach Monica G., the Treatment Facilities (TF) coordinator, through the District 70 website <http://ashevilleaa.org>, under the Contacts link, or at cotamonica@yahoo.com.

Service Keeps Us Sober: Corrections

When I came into the program several twenty-four hours ago in Miami, my sponsor at the time was very strong on service as a way to maintain a healthy program. One of the areas he thought was particularly important was corrections work. So, early on, he marched me off to jail.

Having never been incarcerated, it was a bit daunting at first to find myself "behind bars," so to speak. However, that uneasiness was short-lived as I soon realized that they were drunks—just like me—who had circumstances that led them to involvement with the corrections system. My thinking, drinking, and many of my actions were no different. It was just a matter that I had been lucky enough to avoid their fate.

I encountered a variety of folks in the meetings. Some I suspected would fall prey to their disease at the first possible opportunity, but I also met some who seemed to have had major spiritual awakenings as a result of applying the program to their lives. I will never forget one inmate, a young man who said he would probably spend the rest of his life behind bars. He was at total peace and acceptance of that fact, which had come through step work. Needless to say, he was a major inspiration to me. His calm, peaceful demeanor defied logical explanation but is totally understandable from the program perspective. He was a free man having experienced the miracle of recovery.

Today, I take meetings into the Buncombe County Detention facility in downtown Asheville. I have continued to see some miraculous results. I can cite two recent examples where inmates worked the steps with volunteers and had major, life-altering experiences. They are now carrying the message to their fellow inmates as a result.

Of course many—especially the younger ones (with more not yet to live through—will most likely continue to drink when they are released, but I feel I am planting a seed when I share my experience, strength and hope, which often seems to register, albeit briefly. I know one thing for certain: it is like rocket fuel for my recovery. It is also an excellent practice in letting go of outcomes and turning others over to the care of their Higher Power.

I feel very honored to be doing this service—so much so, I call the jail my home group. The gratitude expressed by the inmates and the power of the meetings is like nothing else I have experienced in recovery. You come to realize that they are really fine folks for the most part, afflicted with a vicious, cunning, powerful disease and I totally relate to them all.

At the present time we are in serious need of volunteers. I strongly encourage anyone who is interested or curious about corrections work to call the Corrections Committee chair, Jaime S., or me, John, at 828-280-7341.

Central Office Profit & Loss Report

July 2011

Working Capital

Savings	7544.66
Checking	1635.36
Petty Cash	150.00
Total	9330.02

Income

Sales Income	34.50
Conference Approved	1563.29
Non-Conference	860.59
Sales Tax, S&H	170.80
Total Sales Income	2629.18
Other Income	
Group Contributions	1484.14
Individual Contributions	49.32
Total Other Income	1498.96
Total Income	4162.64

Call & Visitor Log

August 2011

A.A. Crisis 0
 General Information 6
 Family Help 1
 Meeting Information 54
 Central Office Business 37
 Referrals (Detox, etc.) 0
 Visitors 90
 Answering Svc (Operator-Asst) 48

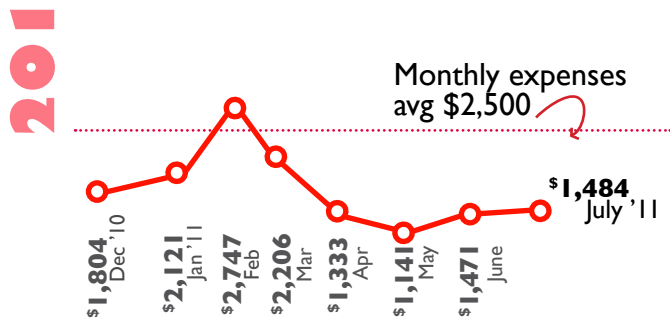
Cost of Goods Sold

Conference Approved	-1468.17
Non-Conference	-612.73
Total Cost of Goods Sold	-2080.90
Gross Profit \Loss	2081.74

Expense

Freight	-34.76
Editor	-120.00
Copier Rental	-325.28
Office Expenses, Mis	-139.44
Payroll Expenses	-759.41
Postage	-100.60
Rent	-453.00
Sales Tax	-12.68
Answering Service	-633.90
Internet and Telephone	-346.79
Insurance	0.00
Total Expense	-2925.86
Net Income	-844.12

Contribution\$ at a Glance



For details, see the [July Group Contributions](#) report.

Groups' Recovery Dollars Hard at Work

- Donations from groups in Districts 70, 71, and 80 AA provide a **24-hour phone** service • create/distribute this **monthly newsletter** (print/interactive digital) • keep **chips** and **medallions** in stock • shelves full of **AA literature** • cover the office rent • 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!

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.) Send something one of these topics:

October Third Step Prayer

November The Great Reality Deep Down Within

December Loss of Control

September: ...Of Maximum Service About Us

Remember at the beginning we would go to any lengths for victory over alcohol! Being a former athlete, my sponsor gave me a piece of wisdom which I admire today. I cannot be good at anything without a lot of practice. Practicing the steps in daily living allows me to live in the world of the spirit. In order for me to try and live just the role God has for me, I must grow in understanding of my fellow man. When I take the time to listen, I grow in understanding of the needs of others.

For me to be of maximum service, I try to ask God for His will for me in all my daily activities. As the Big Book says, "How can I best serve Thee—Thy will (not mine) be done." These are thoughts which must go with us at all times. Dr Bob said if you were to sum up AA in two words they would be *love* and *service*, and by loving and serving I can be of maximum service to God and the people about me. —Larry G. Spruce Pine

2012 NCMCO BOARD OPENINGS

Elections will be held late this year and service begins January 2012.

CHAIRPERSON

The chair heads Board meetings and works with other Board members to address the office's business and AA-service operations. Current Chair: John G. (District 70)

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.

ROCKIN' SOBER DAY SUPPER

Were you there? If you weren't, you missed great fellowship, stimulating conversation, outstanding fashion statements, "gourmet" vittles, and entertainment of the sort that only sober alcoholics in recovery can deliver. Yes, it was the Second Annual Sober Day Supper, sponsored by your Central Office, held on Saturday, August 20. Tuton Hall, at the Trinity Episcopal Church in Asheville, was the place to be.

The festivities began at 5:30 PM, as many of the area's members began to arrive, meeting old friends, and greeting new ones. By six the coffee urns were burnin' and the vittles were ready to be served. Leading the line were old-timers with sobriety dates from decades ago, with the countdown continuing on until the most rambunctious AAs, those with one year or less, brought up the rear. Thanks to the excellent and efficient staff of caterer Cecelia, stomachs were filled to overflowing with ziti, topped with meatballs and/or marinara sauce, Parmesan, rolls, diced vegetables, Greek-style salad, beverages of all kinds, and crowned with splendid desserts: miniature éclairs, fruit salad, and brownies. There was more than enough for all, so some were seen in the line again, and even once more after that. Let no one say that an AA will pass up a good meal.

Once digestion was well under way, the entertainment commenced. A stunning variety of performers entranced the audience with songs, guitars (including "sliding" on a dobro), picks and shovels, the harmonica, and even a clarinet. The audience responded with hoots and hollers, whistles, a singalong, and demands for encores.

When all was said and done, your fellow AAs—the ones you see day in and day out at meetings—went into the evening with smiles and good humor.

Folks, there will be a third Sober Day Supper next summer. You won't want to miss it. More will be revealed in Mountain Doin's, so stay tuned. —P.S.



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

A.A. Calendar

Sep 25. District 80 Summer Cookout/Eating Meeting, Franklin, NC. Bring side dish, please. See the flier in this newsletter.

Oct 21–23. Rock Mountain Gathering, Roswell, Georgia. AA events in a recreational setting. Email a request for your pdf flier to Central Office ncmco@bellsouth.net.

Oct 27–30. Serenity in the Smokies, Kanuga Conference Center, Hendersonville, NC. <http://www.serenityinthesmokies.com/> for registration & info.



Let Literature Carry the Message Too

AA GRAPEVINE featurette

from the August issue...

In the *Twelve Steps and Twelve Traditions*, Bill W. wrote that, as alcoholics, "The primary fact that we fail to recognize is our total inability to form a true partnership with another human being." This month's special section focuses on relationships in sobriety. Read more about the issue in the Editor's Letter.

Special Section: Relationships in the Rooms
Youth Enjoying Sobriety: Odyssey of a Juvenile Delinquent • Fractured Friendship • Sober Transplant • Love on the Rocks • A Tale of Two Sisters

Want to share the details of your event with the greater AA community? Post to the Grapevine online calendar the date, place, time and other information about your conference, roundup, convention, campout or other AA function.

Find the details on the Grapevine's calendar upload form. Click the **Share** link at www.aagrapevine.org.

AREA MEETING CHANGES

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

District 70 Eating Meeting

Hosted by the Women of Grace Group & the Fellowship Group

Sunday, September 18, 2011 ◊ 4pm–6pm (after the GSR meeting)
St. Luke's Church Parish House • 219 Chunn's Cove Road • Asheville NC

Speaker: Becky H. (Past DCM District 70)

Please bring a covered dish or dessert to share

Please note, the GSR meeting will be held on the third—*not the second*—Sunday in September. (District/GSR meetings are usually held the second Sunday of the month.)

North Carolina Mountain Central Office

**12th Step phone
volunteers needed in...**

**Bethel Black Mountain Bakersville Bryson City
Burnsville Candler Cashiers Cedar Mountain
Cherokee Clyde Columbus Cullowhee Fletcher
Franklin Highlands Horseshoe Hot Springs
Lake Toxaway Ledger Leicester Linville
Maggie Valley Marion Mars Hill Marshall
Mill Spring Newdale Newland Old Fort Otto Saluda
Spruce Pine Swannanoa Sylva Tryon Waynesville
Weaverville Webster**

Requirements One year's sobriety & a willingness to be there for the sick and suffering whenever anyone, anywhere reaches out for help.

How it Works Your first name and last initial, calling area, hours of availability and phone number(s) are provided to our local answering service but will never be given out to a caller. When a call comes to the answering service, they then call you to see if you're available and they provide you with the caller's name, phone number, and the nature of the call. Each call is unique and there are no set rules or guidelines, however it is suggested that you share only your experience, strength, and hope with the caller and refrain from opinions on outside issues. You will never be expected to provide taxi service, financial aid, or housing.

To Apply If you would like to volunteer for this rewarding service opportunity, please contact Central Office during business hours for more information. (828) 254-8539 • M, W, F 10a–1p and T, Th 1p–4p.

[Click It!](#)

40th
Fellowship by the Sea

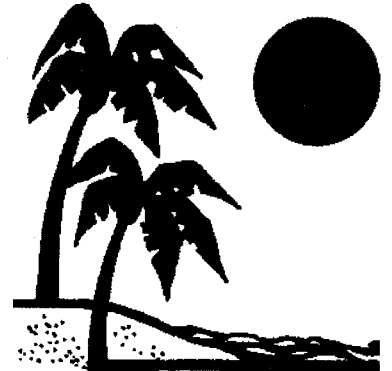
www.fellowshipbythesea.com

Springmaid Beach Conference Center, Myrtle Beach, SC
Thursday, September 22nd. thru Sunday, September 25th., 2011

Continuing to share our experience, strength and hope. Come join us at this beautiful resort.

Speakers:

Clancy I. ~ California • Chet P. ~ Florida
Sharon K. ~ California • KC K. ~ California
and Sara R. ~ Alabama



CONFERENCE REGISTRATION

Early Registration Fee: \$23.00

**MUSIC
BY**



DANCE SATURDAY NIGHT, 10 PM

REGISTRATION FORM

REGISTRATION AT THE DOOR \$26.00

(** Please Print **)

Name _____ AA \$23.00
Name _____ AL-ANON \$23.00
Address _____
City _____ State _____ Zip Code _____
Total # of Reservations _____ x \$23.00 = Total Amount Inclosed: \$ _____

Make checks payable to: Fellowship by the Sea, P.O. Box 860 Murrells Inlet, SC 29576

For info: Randy H. (704) 408-2214, Larry or Leatha P. (843) 650-9549, Jay P. (843) 293-1460, or Terry C. (704) 779-9067

Golf Tournament Registration Form

If you are coming with a group and wish to play together, list the names in your group below. \$40.00 per person entry fee.

Wicked Stick Golf Course • Friday, September 23rd, 2011

Name _____ Name _____
Name _____ Name _____

Make check for golf payable to:

Dave Hunt, 3554 Chestnut Drive, Myrtle Beach, SC 29577 • (843) 457-7686

Tee times will be announced Thursday night at Springmaid and Friday morning at the course.



District 80 Eating Meeting – SUMMER Cookout

Sunday, **September 25, 2011** at **2PM-6PM**

Macon County Community Center: Allman Road Pavilion

Allman Drive, Franklin NC: off 441 South (Georgia Road)



2:00PM Starting Time 3PM Eating Time 4:00PM Speaker (Happy from Rabun Gap, GA)

Please bring side dishes! Host groups will provide hamburgers and dogs.

Host: The Hew Hope Group with significant assistance from the Franklin Group,
the Common Sense Group and AWOL in Otto

For more information call VICKIE at 828-524-0082