

Mountain Doin's

Central Office
Newsletter



October 2011

Central Office is open Mon, Wed & Fri 10-1; Tues, Thurs 1-4. (828) 254-8539
ncmco@bellsouth.net

October Anniversaries

Acceptance Group

Dore D. 10/15/76 35 years

Asheville Big Book Step Study Group

Linda K. 10/8/88 23 years

Rosanne G. 10/15/05 6 years

Back to Basics Group

Richard T. 10/24/99 12 years

Columbus Group

Whitney B. 10/3/99 12 years

Cumberland Group

Stephanie F. 10/10/07 4 years

Alec B. 10/15/07 4 years

Isara 10/28/99 12 years

Fletcher Group

Scott J. 10/3/86 25 years

Kris J. 10/4/86 25 years

Jim E. 10/16/90 21 years

Sean 10/22/01 10 years

Grace Group

Mica W. 10/2/10 1 year

Linda C. 10/5/04 7 years

Esaias 10/9/92 19 years

Susan M. 10/10/01 10 years

Amber C. 10/11/10 1 year

Curtis Y. 10/13/10 1 year

Grace Group *continued*

Charles B. 10/18/02 9 years

Barbara W. 10/19/09 2 years

Michael F. 10/21/04 7 years

Dennis R. 10/25/08 3 years

Katy D. 10/31/82 29 years

Ronnie J. 10/31/85 26 years

Hendersonville Group

John S. 10/7/01 10 years

Debbie M. 10/10/03 8 years

Jo P. 10/16/84 27 years

Bette S. 10/19/98 13 years

Stan S. 10/20/86 25 years

George N. 10/27/03 8 years

Mars Hill Group

Don B. 10/17/82 29 years

Serenity Seekers – Marion

Carole D. 10/29/00 11 years

Serenity Sisters

Marsha S. 10/5/75 36 years

C.J. 10/15/78 33 years

Catherine H. 10/4/10 1 year

Women of Grace

Lou G. (September) 9/30/09 2 years

Nita L. 10/10/87 24 years

Julia D. 10/22/87 24 years

Calling All CORs! Calling All CORs! Calling All CORs!

Sunday, October 30, 2pm

Central Office Representatives will meet at

219 Chunn's Cove Rd., Asheville.

Districts 70, 71 & 80 Info

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

D70 GSRs meet October 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 November issue's deadline is October 15.

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.

D70 Corrections News
The next Corrections orientation will be October 25 at the Swannanoa facility. Write to Ruthie through the D70 website www.ashevilleaa.org. [Click here to write to CFC.](#)

D70 Service Committees meet the last Tuesday of every month at 6p.m., Trinity Episcopal Church, 60 Church St., Asheville.

Central Office Representatives (CORs) meet at 2p.m. on the last Sunday of the first month of each quarter. Questions about the next COR meeting? Write to ncmco@bellsouth.net.

18th Annual Native American AA Convention

November 10-13 • Veterans Day Weekend

Old Cherokee High School
1501 Acquoni Rd • Cherokee NC

Advance Registration (by October 20)
\$45 per person

\$50 at the door starts Thursday 12 noon
Includes dinner for Thursday–Saturday

Hotel discount info - call or write Central Office
More info Jody T. (828) 736-7510 • ndnlady@frontier.com

*Saturday Night Entertainment
will be Open Mike*

You must mail your registration.

Native American AA Convention Registration Form

Name _____

Address _____

City, State ZIP _____

Email _____

Your name on tag _____

Amount enclosed \$ _____

Make your payment to NAAAC and this registration form to Jason Taylor, Treasurer, P.O. Box 548 Cherokee NC 28719. \$45 by 10/20/11. \$50 if after the advance registration deadline. (\$25 returned ck. fee.)

Central Office Profit & Loss Report

August 2011

Income

Sales Income	
Conference Approved	1123.99
Non-Conference Approved	710.18
Sales Tax, S&H	161.42
Total Sales Income	1995.59

Other Income	
Group Contributions	1229.76
Individual Contributions	46.65
Total Other Income	1276.41

Total Income 3272.00

Cost of Goods Sold

Conference Approved	-1079.11
Non-Conference Approved	-395.18
Total Cost of Goods Sold	-1474.29

Gross Profit \Loss 1797.71

Expense

Freight	-12.88
Editor	-120.00
Copier Rental	-149.64
Office Expenses, Mis	-570.72
Payroll Expenses	-1139.11
Postage	-112.61
Rent	-453.00
Sales Tax	-13.03
Answering Service	-439.79
Internet and Telephone	-244.23
Insurance	0.00
Total Expense	-3255.01

Net Income -1457.30

Working Capital

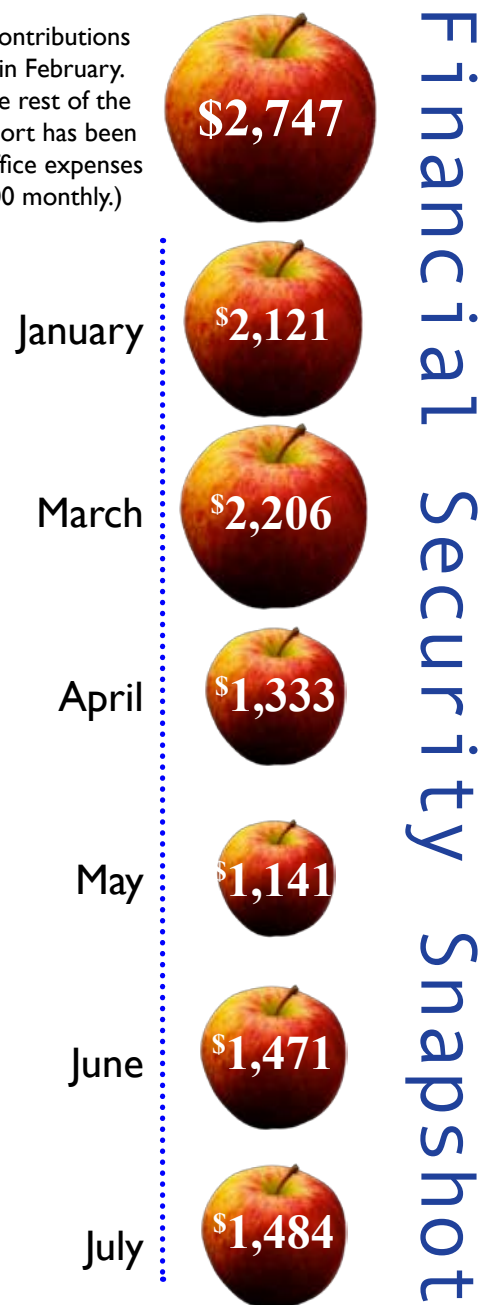
Savings	7005.88
Checking	1716.21
Petty Cash	150.00

Total 8872.09

Groups' Contributions to Central Office Are Hard at Work

Donations from AA 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 • **liaises** with Districts • maintains and publishes **meeting schedules** • acts as a **clearinghouse** for events info • & much more!

So far, group contributions were highest in February. Here's how the rest of the year's self-support has been stacking up. (Office expenses average \$2,500 monthly.)



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

October: ...Third Step Prayer

"God, I offer myself to Thee, to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, They love, and Thy way of life. May I do Thy will always."

Four Great Paradoxes from Experience, Strength and Hope

1. We Surrender to Win. On the face of it, surrendering certainly does not seem like winning. But it is in AA. Only after we have come to the end of our rope, hit a stone wall in some aspect of our lives beyond which we can go no further; only when we hit "bottom" in despair and surrender, can we accomplish sobriety, which we could never accomplish before. We must, and we do, surrender in order to win. — *Experience, Strength and Hope*. pp. 155–156

2. We Give Away to Keep. That seems absurd and untrue. How can you keep anything if you give it away? But in order to keep whatever it is we get in AA, we must go about giving it away to others, for no fees or rewards of any kind. When we cannot afford to give away what we have received so freely in AA, we had better get ready for our next drunk. It will happen every time. We've got to continue to give it away in order to keep it. —p.156

3. We Suffer to Get Well. There is no way to escape the terrible suffering of remorse and regret and shame and embarrassment which starts us on the road to getting well from our affliction. There is no new way to shake out a hangover. It's painful. And for us, necessarily so.... We suffer to get well. —p. 156

4. We Die to Live. That is a beautiful paradox straight out of the Biblical idea of being "born again" or "in losing one's life to find it." When we work at our Twelve Steps, the old life of guzzling and fuzzy thinking, and all that goes with it, gradually dies, and we acquire a different and a better way of life. As our shortcomings are removed, one of us dies, and another life of us lives. We in AA die to live. —p. 156

2012 NCMCO BOARD OPENINGS

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

CHAIRPERSON

The chair heads Board meetings and works with other Board members to address Office business and AA-service needs. Current Chair: John G. (District 70). Usually, the Alt Chair rotates into this opening but any AA with significant service experience is also invited to stand.

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.

if you're interested in any of these positions, please contact central office by october 10. These are good long-term sobriety service opportunities.

Calls for Service

Women's First Step Farm needs outside support and willing sponsors. Tuesdays 6:30p (C).

First at Blue Ridge asks for outside support at its men's meeting. (828) 669-0011

Recovery Ventures, Swannanoa, would like AAs to consider creating/supporting a women's speaker meeting (Thursdays) and also a men's speaker meeting (Sundays).



Adopt-A-Doc Program information will soon be available for all to take to their own health care providers. Literature and AA

Helpline business cards/holders now available. Contact Marka A through www.ashevilleaa.org (click the Contact link then choose the CPC/PI option).

D70 Corrections Committee will be helping **Black Mountain Women's Treatment Center** set up a speaker meeting. Attend Committee meeting for info: last Tuesday every month, 6pm, Trinity, 60 Church St.

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

A.A. Calendar

Oct 7. Cooperation with the Professional Community/Public Information Committee (CPC/PI) makes a presentation at the Episcopal Clergy Conference. The literature booth will also be there.

Oct. 21. Hotel registration deadline for Fall Area Assembly, Raleigh. Visit www.aanorthcarolina.org for discount code.

Oct 22. An AA literature booth will be set up at the New Hope Presbyterian Health Fair.

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.



Dear Friends,

I wanted to pass on information about my Harley-riding friend "Big Robert," from the West Asheville Group. In my eyes Robert was a gentle bear of a man who devoted his life to family and service in AA. To my recollection he rarely (if ever) said "No."

As most of you know, Robert had been battling cancer for more than a year. I just got a call from his wife, Michelle to tell me that Robert passed today (September 19). Michelle was with him when he made his transition and she said that it was very "peaceful" and "good."

Please keep Michelle and family in your thoughts and prayers. Robert, you will be missed!

In love and service,
Monica



In the October issue...

Relapse can often be a part of recovery, as these stories by members demonstrate.

In "Slip and Slide," an AA in Australia writes that until he learned to love his new life, he kept getting drunk. The same situation occurs for a woman in "Go Mow the Lawn," who discovers that by grabbing hold of the tools of recovery she becomes the person she was meant to be. You can find these stories and many more on the newly relaunched AA Grapevine Web site.

Share Your Story With The Grapevine

Grapevine has announced all the special topics for 2012. Learn more about the topics and submission guidelines.

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.

A struggling meeting has requested donations of used Big Books and 12 & 12s. Please drop them off at Central Office and we'll see they are put into the right hands.

Call & Visitor Log August 2011

A.A. Crisis 2
General Information 19
Family Help 6
Meeting Information 54
Central Office Business 50
Referrals (Detox, etc.) 1
Visitors 71
Answer Svc (Operator-Asst) 69

Group Contribution\$ August 2011 & YTD

	August	YTD		August	YTD
Acceptance Grp		\$1,340.00	Mission Group		\$50.00
Around the Room Grp		\$175.97	Monday Night Open Mtg.		\$514.46
AVL BB Step Study Grp	\$41.38	\$92.00	Murphy Big Book Group	\$10.00	\$30.00
AVL Women's BBSS Grp	\$61.00	\$61.00	New Freedom Group	\$50.00	\$120.56
AWOL Group	\$30.00	\$30.00	New Hope Group		\$41.75
Back to Basics		\$250.00	No Name Group - Mur-		\$35.00
Big Town Group		\$284.63	phy		
Black Mountain Group		\$10.70	Pisgah Group		\$118.00
Brevard Serenity		\$90.00	Plan B Group		\$100.00
Candler KISS Group	\$75.00	\$246.00	Practicing Principles		\$67.50
Cashiers Valley Group		\$323.81	Principles Group		\$11.63
Cedar Mountain Group	\$25.00	\$25.00	Recovery by the River		\$179.20
Columbus Group		\$90.00	Roundtable Group		\$109.00
Common Sense Group		\$269.50	Safe N Sound Group	\$21.88	\$124.97
Conscious Contact (AVL)	\$150.00	\$1,100.00	2nd Chance Grp Chero-		\$41.75
Cumberland		\$256.84	kee		
Cullowhee Valley Group		\$75.90	Serenity Seekers Group	\$50.00	\$100.00
Daily Decisions		\$600.00	Serenity Service 110-498	\$30.00	\$240.00
Day by Day Group		\$373.80	Speed Bump Group		\$50.00
Downtown Serenity		\$109.54	Strange Camels		\$30.00
Edneyville Group		\$25.00	Sunshine AA Group		\$100.00
Eleven-Eleven-Eleven	\$25.00	\$92.00	The Last Chance Group		\$100.00
Fellowship Grp - Fletcher		\$125.00	Three Alarm Group		\$90.00
Fireside Group		\$350.00	Total Surrender Group		\$100.00
Fletcher Group		\$250.00	Traditional Group		\$100.00
Good Livers		\$505.00	Thur Aft'noon Ladies Grp		\$50.00
Grace Group of Asheville		\$1,244.33	Tryon 12 & 12		\$31.15
Grace of God Group		\$107.00	Tuesday nite Men's BB		\$60.15
Hand-in-Hand Group		\$25.00	Waynesville Grace Grp	\$480.00	\$784.00
Happy Hour Group		\$414.56	West Asheville Group		\$100.00
Hot Springs Group		\$100.00	Women of Courage		\$180.12
Joy of Living Grp 629-397		\$100.00	Women of Grace		\$77.25
Joy of Living Grp 669-820		\$25.00	Young Peoples Group		\$87.51
Kanuga Group	\$22.50	\$157.50	Total Group Contr	\$1,229.76	\$15,153.61
Leicester Group		\$100.00	<i>Individual Contributions</i>		
Living in the Solution		\$100.00	Anonymous		\$150.00
Marshall Group		\$216.50	In Memory of B.G.	\$10.00	\$80.00
Mid Day Group (HVL)	\$158.00	\$1,529.03	Cash Sale	\$2.65	\$8.92
Mill Spring Group		\$59.00	Total Individual Contrib.	\$12.65	\$238.92
			Grand Total	\$1,242.41	\$15,392.53

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.