

Mountain Doin's

Central Office
Newsletter
November 2011



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

November Anniversaries

	Around the Room Group			Leicester Group	
Wayne D.	11/9/70	41 years	Albaert W.	11/22/09	2 years
	Back to Basics Group			Mars Hill Group	
Jack A.	11/5/90	21 years	Charlie H.	11/5/91	20 years
Allison G.	11/27/07	4 years	Rodney E.	11/9/09	2 years
	Brevard Serenity Group		Tony V.	11/14/74	37 years
Cathy B.	11/4/05	6 years		Serenity Seekers - Marion	
Bill L.	11/22/86	25 years	Chris F.	11/13/09	2 years
	Cumberland Group			Serenity Sisters	
Cecile	11/3/03	8 years	Paulette C.	11/1/08	3 years
Bill G.	11/30/83	28 years	Terry M.	11/5/97	14 years
	Grace Group		Rocky W.	11/21/81	30 years
Bryan H.	11/5/08	3 years		Women of Grace	
Jane M.	11/6/99	12 years	Lou G. (September)	9/30/03	8 years
Art R.	11/6/08	3 years			
Frank T.	11/7/08	3 years			
Doug I.	11/8/94	17 years			
Joe S.	11/10/10	1 year			
Larry F.	11/12/06	5 years			
Rosann N.	11/16/05	6 years			
Issac C.	11/22/00	11 years			

A huge shoutout of gratitude to Sean, who recently gifted Central Office with a still-in-the-box computer system. We love you, Sean!

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

Central Office Representatives meet at 2:00 PM Sunday
October 30, at 219 Chunn's Cove Rd., Asheville.

Alphabet Soup

COR Central Office Representative - attends COR meetings on behalf of group

GSR General Service Representative - attends District meetings, Area Assemblies on behalf of group

DCM District Committee Member - attends Area Assemblies, other service meetings for district

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

Area 51 Fall Assembly

November 18–20, Raleigh.
Any interested members are
welcome. [www.aanorthcaro-
lina.org](http://www.aanorthcaro-
lina.org).

D70 GSRs meet November
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 up-
coming service opportunities!
The December issue's deadline
is November 15.

D70 Treatment Contact

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

D70 Corrections

The Committee is looking
for women to chair Saturday
meetings at Buncome County
Jail. Need only 6 months' so-
briety and one year "off paper."
Call Bambi S. at (828)252-6500
for more information.

D70 Service Committees

meet the last Tuesday of every
month at 6p.m., Trinity Epis-
copal Church, 60 Church St.,
Asheville.

Central Office

Representatives (CORs)

meet at 2p.m. on the last Sun-
day 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

Registration is \$50 at the door

Starts Thursday 12 noon

Registration 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

Native American AA Convention Registration Form

Name _____

Address _____

City, State ZIP _____

Email _____

Your name on tag _____

Amount enclosed \$ _____

Make your payment to NAAAC and mail this registration form to
Jason Taylor, Treasurer, P.O. Box 548 Cherokee NC 28719. \$50 per
person. (\$25 returned check fee.) You may register at the door too.

Central Office Profit & Loss Report

September 2011

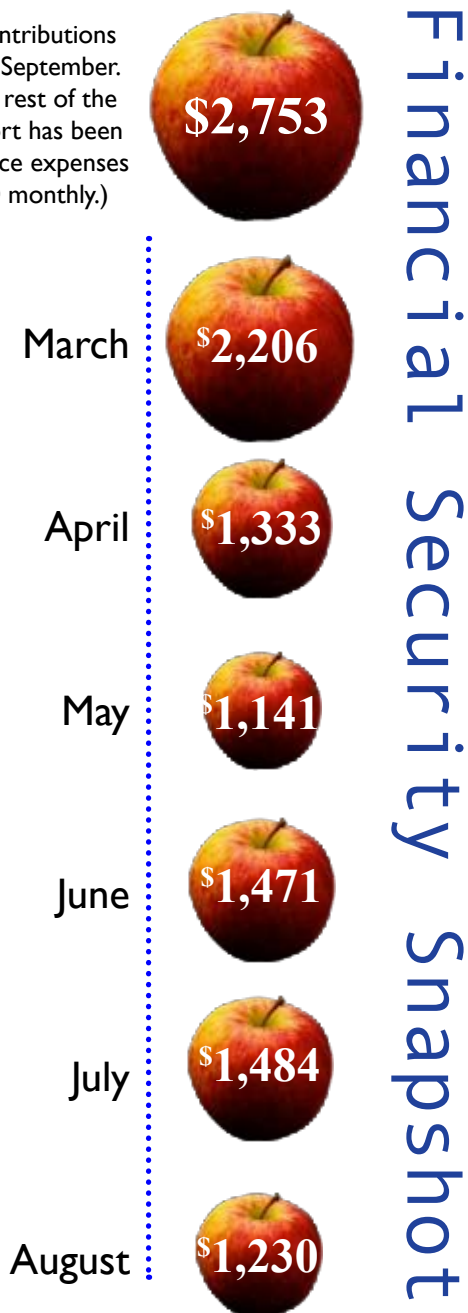
Post your District 70 events & fliers at www.ashevilleaa.org

Income	
Sales Income	
Conference Approved	1,635.67
Non-Conerence Approved	762.75
Sales Tax, S&H	<u>270.74</u>
Total Sales Income	2,669.16
Other Income	
Group Contributions	2,752.99
Individual Contributions	<u>11.15</u>
Total Other Income	<u>2,764.14</u>
Total Income	<u>5,433.30</u>
Cost of Goods Sold	
Conference Approved	1,562.05
Non-Conference Approved	<u>625.66</u>
Total Cost of Goods	<u>2,187.71</u>
Gross Profit / Loss	<u>3,245.59</u>
Expense	
Freight	44.04
Copier Rental	158.99
Editor	120.00
Office Supplies	48.99
Payroll Expenses	759.31
Postage	137.08
Rent	453.00
Sales Tax	15.86
Answering Service	339.20
Internet & Phone	<u>223.22</u>
Total Expense	<u>2,299.69</u>
Net Income	<u>945.90</u>

Working Capital

Savings	7005.88
Checking	1716.21
Petty Cash	<u>150.00</u>
Total	<u><u>8872.09</u></u>

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



Financial Security Snapshot

Recommendations for group donations to local service structures may be found in the pamphlets "[Where Money & Spirituality Mix](#)" and "[The AA Group](#)."

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 on one of these topics:

November The Great Reality Deep Down Within
December Loss of Control

November: The Great Reality Deep Down

“We finally saw that faith in some kind of God was a part of our make-up, just as much as the feeling we have for a friend. Sometimes we had to search fearlessly, but He was there. He was as much a fact as we were. We found the Great Reality deep down within us. In the last analysis it is only there that He may be found. It was so with us.” ©1976 AAWS, *Alcoholics Anonymous*, p. 55

Speaking at A.A. Meetings

A letter in three installments.

“Our stories disclose in a general way what we used to be like, what happened, and what we are like now.” (Big Book, p. 58)

It is my experience that when speaking at A.A. speaker meetings saying your name (first and last—see what Bill and Bob said about “anonymity at the level of press, radio, and films), what you are (alcoholic), and your sobriety date is helpful in influencing the listening audience to identify with your story. If you don’t know enough about the traditions (both written and unwritten) to follow them why should I pay attention to anything that you say after your introduction?

Members who have “recovered from [that] seemingly hopeless state of mind and body” a long time before you came into the fellowship can also help you afterward to pinpoint areas in your recovery that might need a little extra attention. You will be helping them, so relax and “take it easy” and listen—it might keep you from drinking. A loving, helpful suggestion is a good thing, right? That’s one of the meanings of “going to any lengths.” After all, you’re still willing to accept help and to grow spiritually aren’t you?

If you want to identify yourself as an alcoholic and an “and a” (alcoholic and addict, alcoholic and sex maniac, grateful recovering alcoholic, etc.) that’s fine, however we in A.A. can’t help your “and a” problem. Many people in the audience won’t be able to identify with your “and a” and this makes you much less effective as a speaker at an A.A. meeting. That’s one of the meanings of the concept (and practice) of “singleness of purpose.” In A.A. we focus on alcoholism and don’t try to cure the rest of the world’s ills. Speaking of which, you might want to take that “and a” issue to another fellowship (or therapy group) that can help you with that specific life problem.

—Carl Iobst

Carl’s next installment will be published in the December issue.

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. 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).

Looking for **women to chair Saturday meetings at Buncome County Jail**. Need only 6 months’ sobriety and one year “off paper.” Call Bambi S. at 828-252-6500 for more information.

A.A. Events Calendar

Nov 11. D71 Gratitude Social. See flyer page.

Nov 11–13. Fall Sober Women’s Spiritual Retreat, Charlotte, at www.catholicconference.org. \$150 per person (non-refundable); registration deadline October 30. Scholarships may be available. For more information contact Laurie B (704) 280-7444, email lblumsack@gmail.com; Nancy B (704) 737-2898, email womensretreat08@yahoo.com; or Leslie W (704) 641-8464 email leslie@lmwebb.net.

Nov 24–27. Celebrate your sobriety at the **45th Annual Las Vegas Roundup** from Thursday, November 24th until Sunday, November 27th, 2011 at the Riviera Hotel on the world-famous Las Vegas Strip. Registration flyer and all details at www.lasvegasroundup.org.

Holiday Alkathons. The Hendersonville Group will host meetings every other hour (i.e., on the even hours), from noon to midnight, on Thanksgiving Day • Christmas Eve • Christmas Day • New Year’s Eve • New Year’s Day. It’s always nice to bring some food to share but the most important thing is *you*. Meetings are at 1620 Willow Road (opposite the Valley Hill Fire Department), Hendersonville.



In the November issue...

This month’s special section is comprised of articles from the archives on gratitude

Each year Grapevine publishes a classic issue in November, with a theme that pulls historical Grapevine articles from the digital Story Archive on AAGrapevine.org. This year, a reader requested that the theme be gratitude. Read Bill W’s classic gratitude essay.

What a great suggestion! In the Story Archive, we found a generous well of gratitude stories to publish along with Bill W’s “A Suggestion for Thanksgiving.” Enjoy these classic GV selections, and for more gratitude, head to www.aagrapevine.org.

Most Commented-On Stories

Web Exclusive: [Confessions of a General Service Geek](#)

Web Exclusive: [Must We Hear from Her Again?](#)

Also Online...

[Seven-Day Free Digital Grapevine Trial](#)

[La Viña](#) (NCMCO sells print issues of La Viña)

Let Literature Carry the Message Too

Central Office Carries a Large Selection of Pamphlets

Get yours today or tomorrow for sure.

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 September 2011

A.A. Crisis 5
General Information 14
Family Help 6
Meeting Information 45
Central Office Business 47
Referrals (Detox, etc.) 2
Visitors 77
Answer Svc (Operator-Asst) 42

Group Contribution\$ • September 2011 & YTD

	September	YTD		September	YTD
Acceptance	\$25.62	\$1,365.62	Mill Spring Group		\$59.00
Around the Room	\$56.51	\$232.48	Mission Group of Sylva	\$40.00	\$90.00
AVL Big Book Step Study		\$92.00	Monday Night Open Mtg.	\$260.25	\$774.71
AVL Women's BB Step Study		\$61.00	Murphy Big Book Group		\$30.00
AWOL Group		\$30.00	New Freedom Group		\$120.56
Back to Basics		\$250.00	New Hope Group		\$41.75
Big Town Group		\$284.63	No Name Group - Murphy		\$35.00
Black Mountain Group	\$75.00	\$85.70	Pisgah Group		\$118.00
Blue Ridge Group	\$35.00	\$35.00	Plan B Group		\$100.00
Brevard Serenity		\$90.00	Practicing Principles		\$67.50
Candler KISS Group		\$246.00	Principles Group		\$11.63
Cashiers Valley Group		\$323.81	Recovery by the River		\$179.20
Cedar Mountain Group		\$25.00	Roundtable Group		\$109.00
Columbus Group	\$69.00	\$159.00	Safe N Sound Group		\$124.97
Common Sense Group	\$88.44	\$357.94	2nd Chance Grp Cherokee		\$41.75
Conscious Contact (AVL)	\$150.00	\$1,250.00	Serenity Seekers Group	\$125.00	\$225.00
Cumberland		\$256.84	Serenity Service 110-498	\$30.00	\$270.00
Cullowhee Valley Group		\$75.90	Speed Bump Group	\$20.00	\$70.00
Daily Decisions		\$600.00	Strange Camels		\$30.00
Day by Day Group	\$537.58	\$911.38	Sunshine AA Group		\$100.00
Downtown Serenity		\$109.54	The Last Chance Group		\$100.00
Edneyville Group	\$10.00	\$35.00	Three Alarm Group		\$90.00
Eleven-Eleven-Eleven		\$92.00	Total Surrender Group		\$100.00
Fellowship Group - Fletcher		\$125.00	Traditional Group		\$100.00
Fireside Group	\$200.00	\$550.00	Thur Afternoon Ladies Grp		\$50.00
Fletcher Group		\$250.00	Tryon 12 & 12		\$31.15
Good Livers		\$505.00	Tuesday nite Men's BB		\$60.15
Grace Group of Asheville	\$522.69	\$1,767.02	Waynesville Grace Group		\$784.00
Grace of God Group		\$107.00	West Asheville Group		\$100.00
Hand-in-Hand Group	\$25.00	\$50.00	Women of Courage	\$71.96	\$252.08
Happy Hour Group		\$414.56	Women of Grace	\$44.00	\$121.25
Hot Springs Group		\$100.00	Young Peoples Group	\$72.44	\$159.95
Joy of Living Group 629-397		\$100.00	Total Group Contributions:	\$2,752.99	\$17,906.60
Joy of Living Group 669-820		\$25.00	Individual Contributions		
Kanuga Group	\$22.50	\$180.00	Anonymous		\$150.00
Lambda Group	\$114.00	\$114.00	In Memory of B.G.	\$10.00	\$90.00
Leicester Group		\$100.00	Cash Sale		\$8.92
Living in the Solution		\$100.00	Total Ind. Contributions	\$10.00	\$248.92
Marshall Group		\$216.50			
Mid Day Group (HVL)	\$158.00	\$1,687.03	Grand Total	\$2,762.99	\$18,155.52

Suggested
by your
G.S.O.

50% Central
Office

30% G.S.O.

10% District

10% Area

AA DISTRICT 71 GRATITUDE SOCIAL



FRIDAY, NOVEMBER 11
6 PM UNTIL...

OLD TIMERS SPEAKER PANEL
STARTING 6:30 ISH...
BRING A DESSERT TO SHARE
COFFEE SOCIAL

GRACE LUTHERAN
CHURCH
64W & BLYTHE STREET



50/50 RAFFLE !!

COME SUPPORT YOUR AA FELLOWSHIP