

Interactive! Mountain Doin's



Central Office
Newsletter
January 2012

Central Office located at 70 Woodfin, Park Place Bldg Ste 206, Asheville. Open Mon, Wed & Fri 10-1 AND Tues, Thurs 1-4 **Closed Monday, January 2.** (828) 254-8539 • ncmco@bellsouth.net

CORs from Districts 70, 71, and 80 meet at 2pm Sunday, January 29, at 219 Chunn's Cove Road, Asheville.

Anniversaries

Around the Room Group

Tom W.	1/1/1991	21 years
Lisa D.	1/17/2009	3 years
Holly	1/17/2009	3 years
Bambi S.	1/19/1975	37 years

Asheville Big Book Step Study Group

Suzanne T.	1/1/1992	20 years
Ed R.	1/3/1988	24 years
Natalie B.	1/9/2009	3 years

Back to Basics Group

Peggy S.	1/2/1995	17 years
Janie D.	1/3/2006	6 years
Camille S.	1/20/1996	16 years
Amy M.	1/21/1974	38 years
Frank M.	1/27/2004	8 years

Black Mountain Group

Anne O.	November	32 years
Fred P.	November	32 years
Carol W.	December	2 years

Cumberland Group

Myra B.	1/1/1994	18 years
Michael T.	1/1/2005	7 years
Judy M.	1/19/1982	30 years

Fletcher Group

Pete M.	1/12/2007	5 years
Kerry E.	1/26/1987	25 years

Grace Group

Joe D.	1/1/2003	9 years
Robin L.	1/1/2009	3 years
Reid G.	1/3/2011	1 year
Rick L.	1/4/2011	1 year

Grace Group *con't.*

Natalie B.	1/9/2009	3 years
Amy T.	1/9/2011	1 year
Steve W.	1/11/1997	15 years
David W.	1/11/2010	2 years
Andi K.	1/14/1999	13 years
Amy W.	1/14/2008	4 years
B.J. H.	1/15/1998	14 years
Tony W.	1/20/2000	12 years
Dina R.	1/20/2007	5 years
Ed C.	1/20/2008	4 years
Ellen S.	1/24/2001	11 years
Ryan J.	1/24/2005	7 years
Amie S.	1/25/2009	3 years
Frank M.	1/28/2004	8 years

Serenity Seekers Group – Marion

Damien G.	1/1/2010	2 years
Billy T.	12/24/2009	2 years
Jeff F.	12/27/2010	1 year

Serenity Sisters Group

Nancy B.	1/2/1991	21 years
Derinda C.	1/6/2010	2 years
Melinda M.	1/18/2011	1 year
Paula	1/28/1987	25 years

Women of Grace Group

Sandy T	1/1/2010	2 years
Terry G.	1/10/1984	28 years
Michelle E	1/11/1987	25 years
Cay F	1/16/1985	27 years
Cynthia M	1/18/1985	27 years

Women's Big Book Step Study Group

Michelle E.	1/15/1987	25 years
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Districts 70, 71 & 80 Info

Area 51 Winter 2012 Committee Meeting

January 20, 2012. Raleigh. District Committee Members (DCMs). www.aanorthcarolina.org. Click the Events option.

All District Committee Coordinators please send updates on committee meeting times, recent activity, and upcoming service opportunities! The February newsletter deadline is January 15.

Central Office Representatives (CORs)

meet at 2p.m. on the last Sunday of the first month of each quarter. The next COR meeting will be Sunday, January 29, at the St. Luke's Parish House, 219 Chunn's Cove Rd. Questions about the next COR meeting? Write to ncmco@bellsouth.net.

D70 GSRs meet January 8 at 2:30pm at St. Luke's Parish House, 219 Chunn's Cove Rd., Asheville.

D70 Service Committees meet the last Tuesday of every month at 6p.m., Trinity Episcopal Church, 60 Church St., Asheville. The next one is January 31.

D70 Bridging the Gap next meeting is January 11

D70 Treatment Contact As always, if anyone is interested in volunteering to 1) become a liaison for Treatment Facilities Committee or Bridging the Gap (BTG), 2) be a speaker, or 3) participate in any way, feel free to attend the Service Committee meetings on the last Tuesday of the month at 6:00pm at Trinity Episcopal Church, Asheville. For specific questions or for more information, please contact Monica G., the TFC coordinator at cotamonica@yahoo.com, or Dana, the BTG coordinator toll-free at **888-830-3155**. Learn more about BTG at <http://btgwww.org>. You can also contact any D70 trusted servant through the District 70 website <http://ashevilleaa.org> (click the Contacts link).

Free digital subscription to the interactive Mountain Doin's

Subscribe today at ncmco@bellsouth.net.

- Click any email address—it's a live link!
- The **Grapevine Featurette** clues you in to great online features, like the eye-opening online Poll and web-only features and stories.
- You get straight-to-the-source links to AA events: email, web sites, and registration pages.

Speaking at A.A. Meetings

Part Three

It used to be that all A.A. meetings (just as the Washingtonians before us) were speaker meetings. I am told by "old timers" (people with 30-plus years) that often alcoholics who weren't sure if they were alcoholic before the meeting would become convinced ("being convinced, we were at Step Three") and would surrender to the steps and a God of their understanding afterward. The fellowship, using the Twelve Steps in this manner, had a high success rate (see the Foreword to the Second Edition). Nowadays "slippers," called "relapsers" by the mental-health professionals, continue to go in and out and can't seem to "get the program." I realize that some people will never get sober and stay sober and "recover from [that] seemingly hopeless state of mind and body." I pray for them. To the rest of the drunks coming into the rooms (and speaker meetings), who are searching for an answer to their alcohol problem (I pray for them also), are we communicating the solution to them in speaker (and other types of) meetings? And, are we facilitating their recovery (and ours) by demanding that the Twelve Steps be taken as they are written in the Big Book? Anything less is sentencing these suffering alcoholics to a painful, miserable, and totally avoidable untimely death.

That's my experience, what's yours?

—Carl I.

My cat, Miette, likes to help me read the Big Book of Alcoholics Anonymous! —Suzanne T.



Central Office Profit & Loss Report

November 2011

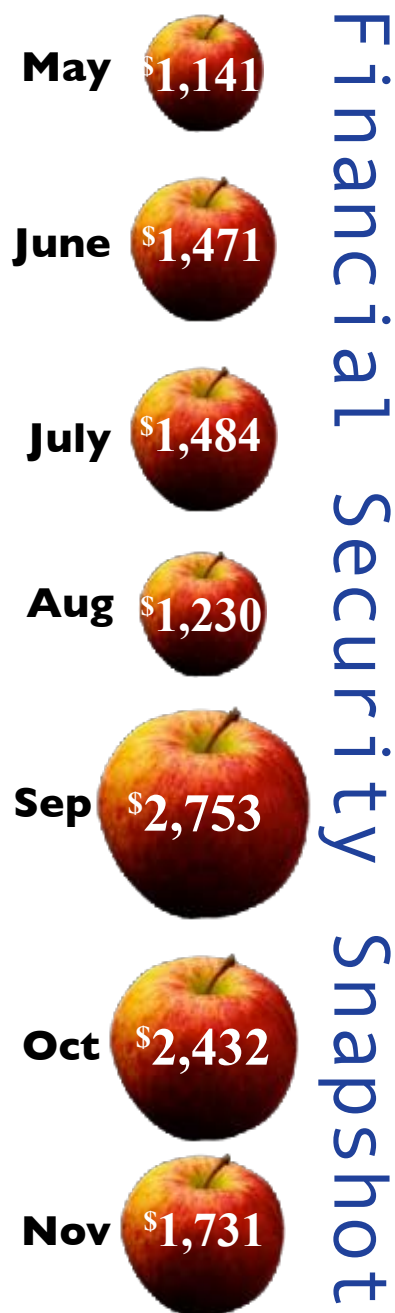
Income		
Sales Income		
Conf/GV Approved	991.55	
Non-Conf/GV-approved	594.77	
Shipping & Handling	26.42	
Total Sales Income	<u>1,612.74</u>	
Other Income		
Interest Income	1.15	
Group Contributions	1,741.50	
Total Other Income	<u>1,742.65</u>	
Total Income	3,355.39	
Cost of Goods Sold		
Freight	12.53	
Non Conf/GV Approved	399.33	
Conf/GV Approved	876.68	
5000 · Cost of Goods Sold	1.25	
Total COGS	<u>1,289.79</u>	
Gross Profit		<u>2,065.60</u>
Expense		
Miscellaneous	45.12	
Copier Rental	149.64	
Editor	120.00	
Office Supplies	52.24	
Payroll Expenses	755.21	
Postage	86.40	
Rent	453.00	
Telephone		
Answering Service	541.71	
Office Telephone	203.85	
Total Telephone	<u>745.56</u>	
Total Expense		<u>2,407.17</u>
Net Income		<u><u>-341.57</u></u>

Working Capital

Cash on hand as of 11/30/2011	\$1,415.46
Prudent Reserve	\$7,009.39

2011's group self-support of Central Office was highest in September. See the chart below for a thumbnail look at how the numbers stack up. Did you know that an average of \$2,500 a month is needed to run Central Office?

For suggestions on how your home group might allot donations to AA service structures, check out the pamphlets [Self-Support: Where Money & Spirituality Mix](#) or [The AA Group](#).



This Simple Cornerstone

AA members, feel free to share poems, scribbles, musings, and photos (no faces, please) to ncmco@bellsouth.net by the 15th of the month. (Include your first name, last initial, and home group. NCMCO only publishes signed pieces.)

Meeting Updates: All Districts

New Meetings

Tryon. Thursday, 5pm: Tryon Group, United Methodist Church, 195 New Market St. (O, D)

Penland. Tuesdays and Fridays, 7pm: Penland Group, Penland School of Crafts, Bldg 38, Conley Ridge Rd, Ridgeway (O, D)

Meeting Changes

Brevard. Thursdays, 6:37pm – Strange Camels Group, St. Timothy UMC, has converted to Thursdays, 6:30pm, Speed Bump Group, St. Timothy UMC, Asheville Hwy. (C, AB)

Fletcher. Saturday, 10:30am: Fellowship Group at Calvary Episcopal (W, C, D) has changed from 10:30am to 11:30am.

Cancelled Meetings

Asheville. Tues. 5:30p Men's Step Study, 1st Congregational Ch. 20 Oak St. (M, O, SS)

East Flat Rock. Fridays, 6pm: Upward Group, 7th Day Adventist Church, Upward Road

Weaverville. Tuesdays, 9:30pm: Emotional Sobriety Group, First Baptist Church, Main Street

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Call & Visitor Log November 2011

A.A. Crisis 1
 General Information 14
 Family Help 2
 Meeting Information 45
 Central Office Business 31
 Referrals (Detox, etc.) 1
 Visitors 60
 Answer Svc (Operator-Asst) 44

MEET YOUR 2012 NCMCO BOARD ON JANUARY 29, AT THE NEXT COR MEETING

219 CHUNN'S COVE RD • ASHEVILLE

Positions open now:

TRUSTEE, DISTRICT 70 term: 2012–2014

TRUSTEE, D71 term: 2012–2014

Look forward to serving as your NCMCO Board Chairperson for the next two years! Please come to the January gathering, meet your new treasurer, and discuss whether we should move COR meetings to a different day and time.

—Suzanne T.



Calls for Service

District 70 has several trusted servant positions open for 2012 (and beyond): Secretary, Webmaster and Events Chair. To stand for election, attend the District meeting on December 11, 2:30p, St. Luke's Parish House, Chunn's Cove Rd.



Central Office volunteers are needed. If you are good on the phone • computer savvy (especially Quickbooks) • consistent • have helpful attitude • one year's sobriety, please contact Myra at (828) 254-8539.

Women's First Step Farm, 200 Pete Luther Cove Rd., Candler, 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

Ask your home group's GSR about **Adopt-A-Doc**, and how you can be of service in your community!

Looking for **women to chair Saturday meetings at Buncombe County Jail**. Need only 6 months' sobriety and one year "off paper." Call Bambi S. at (828) 252-6500 for more information.



Sign up for your free, interactive Mountain Doin's subscription! Email ncmco@bellsouth.net. Use the subject line "Subscribe."

A.A. Events Calendar

Holiday Alkathons in D71. From noon until midnight, the *Hendersonville Group* will host meetings every other hour, on the even hours, on New Year's Eve and 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.

New Year's Holiday Alkathon in D70. The *Conscious Contact Group* will host a New Year's Eve Alkathon from 6p Saturday, December 31, to 2a Sunday, January 1, at the North Asheville Community Center, 37 E. Larchmont Dr (off Merrimon Av; turn right at SunTrust Bank, park at back of bldg, on Long St). Meetings will be held at 6:30p, 8:00p, 9:30p, 11p, and 12:30a. Finger food is welcome.

Tarheels Mid-Winter Conference. Jan 19–22, 2012, Raleigh. Speakers • Dance • Free Coffee. Deadline for early conference registration (fee \$18;) is Jan 5. Discounted hotel registration deadline: Jan 5 (use code on flyer; call the local number for the Hilton North Raleigh Hotel). Young Al-Anon 16 and under: no fee but must register. Get flyer at <http://www.tarheelmidwinter.org/>.

48th Annual International Women's Conference. February 16–19, 2012, Washington DC. Book your room online at <http://cwp.marriott.com/wasdt/iwconference/>

The date of the first 2012 meeting of the Board of Directors of the North Carolina Mountain Central Office has been changed to Thursday, January 19, at 6pm, at 70 Woodfin, Park Place Bldg Suite 206, Asheville.



In the January issue...

This month's special section is devoted to stories of young people in recovery.

It's hard enough coming into AA for the first time, but when you're a teenager, or in your 20s or even 30s, getting sober can be extra scary. Sometimes it helps if you can identify with an alcoholic who turned their life around early.

"They were spared that last ten or fifteen years of literal hell the rest of us had gone through."—Bill W., Twelve Steps and Twelve Traditions

Check Out This Online Feature

[I-Poll: Which of the following sounds like a New Year's resolution you'd like to keep?](#)

For more sober stuff, head to www.aagrapevine.org. Hate reading screens? Buy your fresh paper copies, in English or Spanish, at Central Office.

Let Literature Carry the Message Too

Central Office Carries a Large Selection of Pamphlets

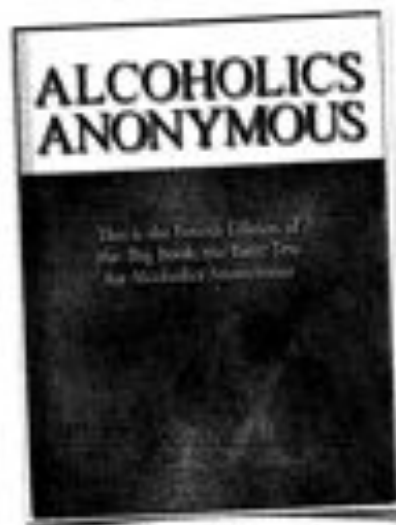
Get yours today or tomorrow for sure.



Group Contribution\$ • November 2011 & YTD

	November	YTD		November	YTD
Acceptance		\$1,365.62	Mill Spring Group		\$69.00
Around the Room	\$50.00	\$282.48	Mission Group of Sylva		\$140.00
AVL Big Book Step Study		\$92.00	Monday Night Open Mtg.	\$207.47	\$982.18
AVL Women's BB StepStudy		\$61.00	Mtn View Grp - Highlands		\$400.00
AWOL Group		\$30.00	Murphy Big Book Group		\$30.00
Back to Basics		\$250.00	New Freedom Group		\$195.56
Big Town Group		\$429.95	New Hope Group		\$50.97
Black Mountain Group		\$85.70	No Name Grp - Murphy		\$35.00
Blue Ridge Group		\$35.00	Pisgah Group		\$258.00
Brevard Serenity		\$180.00	Plan B Group		\$100.00
Burnsville Group	\$100.00	\$100.00	Practicing Principles		\$67.50
Candler KISS Group		\$386.00	Principles Group		\$11.63
Cashiers Valley Group		\$544.19	Recovery by the River		\$264.40
Cedar Mountain Group		\$25.00	Roundtable Group		\$109.00
Columbus Group		\$159.00	Safe N Sound Group		\$232.24
Common Sense Group		\$357.94	2nd Chance Grp Cherokee		\$41.75
Conscious Contact - AVL	\$100.00	\$1,350.00	Serenity Seekers Group		\$225.00
Cumberland Grp		\$256.84	Serenity Service 110-498	\$30.00	\$330.00
Cullowhee Valley Group		\$75.90	Speed Bump Group		\$70.00
Daily Decisions	\$97.03	\$697.03	Strange Camels		\$45.00
Day by Day Group		\$911.38	Sunshine AA Group	\$50.00	\$150.00
Downtown Serenity		\$109.54	The Last Chance Group		\$100.00
Edneyville Group		\$35.00	Three Alarm Group		\$120.00
Eleven-Eleven-Eleven		\$117.00	Total Surrender Group		\$235.00
Fellowship Grp - Fletcher	\$75.00	\$200.00	Traditional Group		\$100.00
Fireside Group		\$550.00	Thur Afternoon Ladies Grp		\$50.00
Fletcher Group		\$250.00	Tryon 12 & 12		\$51.21
Good Livers		\$722.00	Tuesday Night Men's Grp	\$650.00	\$650.00
Grace Group of Asheville		\$1,767.02	Tuesday Nite Men's BB SS		\$60.15
Grace of God Group		\$157.00	Waynesville Grace Group		\$784.00
Hand-in-Hand Group		\$50.00	West Asheville Group		\$100.00
Happy Hour Group		\$514.56	Women of Courage		\$252.08
Hot Springs Group		\$100.00	Women of Grace		\$121.25
Joy of Living Grp 629-397		\$100.00	Young Peoples Group		\$159.95
Joy of Living Grp 669-820		\$25.00	Total Group Contributions:	\$1,731.50	\$22,070.55
Kanuga Group		\$225.00	Individual Contributions		\$0.00
Lambda Group		\$114.00	Anonymous		\$250.00
Leicester Group		\$100.00	In Memory of B.G.	\$10.00	\$110.00
Library Group		\$67.00	Cash Sale		\$11.66
Living in the Solution		\$100.00	Total Ind Contr	\$10.00	\$371.66
Marshall Group		\$216.50	Grand Total	\$1,741.50	\$22,442.21
Men's Attitude Adjust		\$50.00			
Mid Day Group - HVL	\$372.00	\$2,235.03			

An exciting announcement for mobile readers!
**eBooks arriving
early December!**



both books will be available in
English, French and Spanish

AA

's **Message today!** Alcoholics Anonymous World Services, Inc. and the General Service Board of A.A. announce the pending availability of copyrighted A.A. publications in Electronic Book (eBook) format.

Ten years after the introduction of the Fourth Edition of the Big Book, **beginning in early December 2011**, eBook versions of the 4th Edition of the Big Book *Alcoholics Anonymous* and the *Twelve Steps and Twelve Traditions* may be purchased from the A.A.W.S. Online Store in English, French and Spanish.

Early A.A. eBook Information — Once purchased, A.A. publications may be read on a mobile device using the A.A. eReader.

The A.A. eReader for Apple devices only will be available as part of the early December event. An Android version of the A.A. eReader will be available approximately one month later.

The A.A. eReader App may be obtained at no charge from the Apple Appstore and Android Market.

Watch for future announcements about additional A.A. ePublications on www.aa.org.

45th Tar Heel



Mid-Winter Conference

January 19, 20, 21 & 22, 2012

North Raleigh Hilton
Raleigh, NC

Program Agenda – Speakers

- | | |
|----------------------|---|
| ▲ Thursday, 8:30 pm | Abby E., Wallace, NC |
| ▲ Friday, 3:00 pm | Old-Timers Speak (30+ years)
- Alana E., Durham, NC
- Jim K., Pffaltown, NC
- Bill D., Raleigh, NC |
| ▲ Friday, 8:30 pm | Paul A., Cheltenham, MD |
| ▲ Saturday, 10:00 am | Mary Ann R., East Windsor, CT |
| ▲ Saturday, 2:00 pm | Allyn S., Bryn Athyn, PA |
| ▲ Saturday, 8:30 pm | Lyn W., Laguna Hills, CA |
| ▲ Sunday, 10:00 am | Sam G., London, KY |

Conference Souvenirs for
First 300 Registrants
&
Plenty of Free Coffee!

Saturday Night Dance

Conference Registration

Early Registration (by January 5, 2012)
\$18.00 per person

Late Registration (after January 5, 2012)
\$21.00 per person

Young Al-Anon Members - 16 & Under
No Charge But Must Register

Questions: (919) 847-5467 or (919) 471-0936 or
E-Mail: ncconference@nc.rr.com

Hotel Reservations

Hilton North Raleigh Hotel
3415 Wake Forest Road
Raleigh, NC 27609
Hotel Code
For special rate: "THM"
Raleigh / (919) 872-2323 or
Toll Free / 1-800-371-8104

\$89.00 per room

Hotel cut-off: January 5, 2012.

Conference rate cannot be guaranteed after 1-5-2012.

45th Tar Heel Mid-Winter Registration Form

Young Al-Anon Members - 16 & Under No Charge But Must Register

P
L Name _____
E
A Address _____
S
E City/State/Zip _____
P
R Number of Registrations enclosed: _____ for a total of \$ _____
I (Price to January 5, 2012 Pre-registrations are \$18.00 per person, thereafter \$21.00)
N
T Name(s) on Badge _____

Make Check Payable to:

Tar Heel
Mid-Winter Conference

Mail Registration to:

Conference Chairman
PO Box 18412
Raleigh, NC 27619-8412