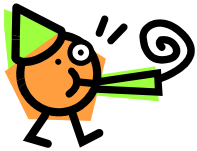


Mountain Doins

Serving AA in Western
North Carolina's Districts
70, 71, and 80 since
1974

October
2012

North Carolina Mountain Central Office, 70 Woodfin, Park Place Bldg Ste 206, Asheville NC
Open Mon, Wed & Fri 10-1 and Tues, Thurs 1-4 • (828) 254-8539 • ncmco@bellsouth.net



Central Office Representatives will meet October 28. See the District Express listing, inside, for more info.

ANNIVERSARIES

Acceptance Group

Michael	10/03/11	1 yr
Mike S.	10/09/11	1 yr
Amber C.	10/11/10	2 yrs
Joy G.	10/12/93	19 yrs
Dorie D.	10/12/76	36 yrs
Maxine	10/18/10	2 yrs
Mike H.	10/19/09	3 yrs
Todd	10/21/11	1 yr
Dan G.	10/23/93	19 yrs
Kim B.	No date given	1 yr
David	10/28/07	5 yrs

Asheville Big Book Step Study

Roseanne G.	10/15/05	7 yrs
Joyce B.	10/11/78	34 yrs

Asheville Women's Big Book Step Study

Linda K.	10/08/88	24 yrs
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Cumberland Group

Stephanie F.	10/10/07	5 yrs
Alec B.	10/15/07	5 yrs
Isara	10/28/99	13 yrs

Fletcher Thursday Group

Sean	10/22/01	11 yrs
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Grace Group

Mica W	10/02/10	2 yrs
Linda C	10/05/04	8 yrs
Esaias J	10/09/92	20 yrs
Susan M	10/10/01	11 yrs

Grace Group

Amber C	10/11/10	2 yrs
Morgan M	10/17/11	1 yr
Charles B	10/18/02	10 yrs
Barbara W	10/19/09	3 yrs
Justin B	10/19/11	1 yr
Michael F	10/21/04	8 yrs
Dennis R	10/25/08	4 yrs
Joan M	10/25/10	2 yrs
Erik P	10/26/09	3 yrs
Ronnie J	10/31/85	27 yrs

Leicester Group

Joshua R.	10/07/11	1 yr
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Maple Grove Group

JoAnne F.	10/15/02	10 yrs
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Mars Hill Group

Don B.	10/17/82	30 yrs
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Midday Group - Hendersonville

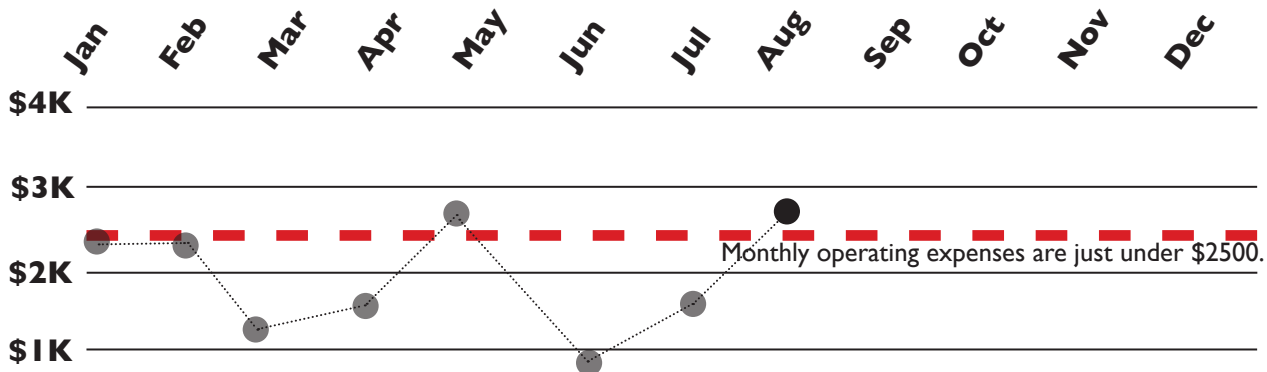
Kelley S.	10/23/88	24 yrs
James	10/25/06	6 yrs
Bob H.	10/15/00	12 yrs
Mary R.	10/15/06	6 yrs
Sue P.	10/13/11	1 yr
Debbie K.	10/15/06	7 yrs

Serenity Sisters

Marsha S.	10/5/75	37 yrs
Linda McG.	10/17/76	36 yrs

NC Mountain Central Office Profit & Loss YTD Comparison August 2012

	Aug 12	Jan - Aug 12
Income		
Sales Income		
Conf/GV Approved	1,444.45	12,302.95
Non-Conf/GV-approved	960.70	6,713.44
Shipping & Handling	34.51	271.66
Total Sales Income	2,439.66	19,288.05
Other Income		
Subscriptions	0.00	11.00
Interest Income	0.00	5.46
Group Contributions	2,706.01	16,668.11
Individual Contributions	10.00	334.65
Total Other Income	2,716.01	17,019.22
Total Income	5,155.67	36,307.27
Cost of Goods Sold		
Freight	27.81	79.80
Non Conf/GV Approved	597.04	4,569.36
Conf/GV Approved	1,262.76	10,755.76
5000 · Cost of Goods Sold	9.20	54.93
Total COGS	1,896.81	15,459.85
Gross Profit	3,258.86	20,847.42
Expense		
Accounting Services	0.00	340.95
Miscellaneous	0.00	113.69
Bad Debts	0.00	14.53
Bank Service Charges	0.00	0.00
Copier Rental	162.28	1,282.87
Editor	120.00	960.00
Fees - Consultants, Legal, Audit	0.00	120.00
Office Supplies	91.27	546.88
Payroll Expenses	1,151.76	7,268.72
Postage	72.87	814.25
Rent	462.00	3,660.00
Telephone		
Answering Service	287.19	2,667.09
Office Telephone	208.25	1,844.04
Total Telephone	495.44	4,511.13
Total Expense	2,555.62	19,633.02
Net Income	703.24	1,214.40



NCMCO sincerely thanks the groups for their ongoing support. For suggestions on how your home group might allot donations to AA service structures—GSO, Area, District, and Central Office—check out the pamphlets [Self Support: Where Money & Spirituality Mix](#) or [The AA Group](#).

Group Contribution\$ Aug 2012 & YTD

4th Dimension		\$150.00	Mid Day Group - HVL	\$200.00	\$950.00
11-11-11 Meeting		\$35.00	Mill Spring Group 656-821		\$28.00
Acceptance Group		\$988.38	Mission Grp of Sylva 606-119		\$80.00
Around the Room Group	\$63.75	\$299.29	Monday Night Open Meeting	\$165.56	\$722.56
AVL Women's BB Step Study		\$87.55	Mountain View - Highlands 110-598		\$400.00
AVL BB Step Study Grp 637-843	\$18.33	\$151.85	Murphy Big Book Group		\$30.00
Back to Basics		\$75.00	New Freedom Group		\$100.11
Big Town Group	\$130.34	\$376.34	Pisgah Group		\$75.00
Black Mountain Group	\$90.00	\$190.00	Plan B Group		\$200.00
Blue Ridge Grp 110-557		\$122.07	Recovery by the River 674-892	\$128.80	\$316.80
Candler Kiss Grp 163-148	\$125.00	\$285.00	Safe N Sound 645-654		\$124.13
Cashiers Valley Grp 122-589		\$363.28	Second Chance Grp - Cherokee		\$13.01
Columbus Group		\$91.25	Serenity Seekers - Marion 663-204		\$35.00
Common Sense Group	\$26.39	\$106.81	Serenity Service 110-498	\$30.00	\$240.00
Conscious Contact (Asheville)		\$1,400.00	Serenity Sisters Group		\$80.00
Daily Decisions Group		\$190.33	Skyland Meeting		\$10.00
Day by Day Group		\$670.87	Sunshine AA Group		\$100.00
Downtown Serenity		\$225.00	Sylva Group		\$50.00
Early Birds 612-780		\$502.55	Sylvan Valley AA Group		\$100.00
Fellowship Group		\$120.00	Three Alarm Group		\$31.00
Fireside Group	\$100.00	\$250.00	Total Surrender Group	\$150.00	\$200.00
Fletcher Group		\$100.00	Traditional Group		\$100.00
Good Livers 666-360		\$331.00	Tryon 12 and 12		\$112.00
Grace Group of Asheville	\$856.74	\$2,205.23	Tryon Thursday Meeting		\$175.00
Grace of God Group of HVL		\$100.00	Tues Men's Big Book		\$50.52
Happy Hour Group	\$150.00	\$300.00	Waynesville Group		\$1,112.80
Joy of Living - Black Mountain	\$300.00	\$300.00	Women of Courage		\$154.99
Joy of Living - Brevard		\$75.00	Women Of Grace		\$104.00
Kanuga Group	\$22.50	\$157.50	Young Peoples Group 645-646		\$52.29
Leicester Group 143-417	\$50.00	\$200.00	Total Group Contributions:	\$2,706.01	\$16,668.11
Living in the Solution Grp 685-693		\$122.00	Individual Contributions		
Log Cabin Group	\$38.60	\$38.60	Anonymous	\$50.00	\$224.65
Maggie Valley Group 158-950	\$20.00	\$20.00	In Memory of B.G.	\$10.00	\$80.00
Mars Hill		\$80.00	Bob Heuer		\$30.00
Marshall Group 110-489		\$111.00	Total Individual Contributions	\$10.00	\$334.65
Men's Attitude Adjustment	\$40.00	\$50.00	Grand Total	\$2,716.01	\$17,002.76

Self-Support: Where Money and Spirituality Mix

The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then, too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority. —Tradition Seven (long form)

Central Office Cash on Hand

Checking Account	\$7016.02
Money Market (Prudent Reserve)	\$3177.08
Rent Deposit	\$400.00
Total	\$10593.10

Call & Visitor Log August 2012

AA Crisis 1
General Info 6
Family Help 2
Meeting Info 40
Central Office Business 35
Medical/Detox 0
Visitors 85
Answer Svc (Operator-Asst) 59

Meeting Updates District 70, 71, 80

New Meetings

- Asheville.** *Birds of A Feather* Saturday, 10:30 am, First Congregational UCC, 20 Oak St., Asheville-Room 103 (OD)
- Asheville.** *Birds of A Feather* Tuesday, 6:15 pm, First Congregational UCC, 20 Oak St., Asheville-Room 103 (W, C, SS)
- Asheville.** *Rule 62 Group*, Monday 7:00 pm. Trinity United Methodist Church, 587 Haywood Rd (O, D)
- Asheville.** Downtown Serenity Group, Monday 5:30 pm. 297 Haywood St (O, D)
- Burnsville.** *Burnsville AA* Sunday 4:00 pm. Higgins Methodist Church Annex, Corner of Academy & Avery (O, D)
- Franklin.** *Practical Sobriety* Thursday 7:00 pm. St. Cyprian's Episc Church, 216 Roller Mill Rd (O, BG)
- Hendersonville.** *Hendersonville Group* Sunday, 6:00 pm. 1620 Willow Rd, opposite Valley Hill Fire Dept.; handicap accesible (O, LS)
- Mills River.** *Turnpike Group* Monday & Thursday, 6:30 pm. Church of the Holy Family (O, D)

Meeting Changes

- Asheville.** *Lambda Group* Saturday 8:30 pm has changed to 7:00 pm. Beginner's (BG)
- Asheville.** *Good Livers Group* 10:30 am has moved to St Mark's Lutheran, corner of E. Chestnut & Liberty Sts. (off Merrimon Ave.) (C, AB)
- Asheville.** *Veteran's Hospital* Friday, 12:30 pm is changing to Saturday 1:00 pm. Still meeting in multi-purpose room in basement, across from cafeteria.
- Fletcher.** *Fellowship Group* Saturday, 10:30 am at Calvary Episcopal (W, C, D) has changed from 10:30 am to 11:30 am
- Highlands.** *Mountain View Group* has moved its meetings to 1st Presbyterian Ch, lower level library, 5th St. entrance
- Marshall.** Friday night *Marshall Group* meeting is now held at 7:00 pm.

Cancelled Meetings

- Mills River** *Living in the Solution Group* Wednesday, 7:00 pm
- Weaverville,** *11th Step Meditation Meeting*, Thur. 8:00 am First Baptist Church

North Carolina Mountain Central Office News

Office Manager

The Board of Directors of the North Carolina Mountain Central Office is pleased to announce the hiring of Cindy Crawford as the new office manager. She had been acting as interim manager since July. Stop by and say hi!

Step 12 Call Coordinator Needed

This is a volunteer Board position who liaises with the office manager and the paid answering service. Contact Cindy at the office for more info.

District 71 Board Trustee Opening

Here's a great service opportunity for A.A.s with previous district-level service. Board members attend monthly meetings that start at 6:00 pm (second Thursdays).

Board Financials

Groups, please pay your bills in a timely fashion, so the Office can continue to stock its shelves. Group treasurers, please contact the office to check about any outstanding balances.

Next Board Meeting is...

Thursday October 11, 2012, at 6:00 pm, Central Office. All welcome. If you'd like to suggest an agenda item, email ncmco@bellsouth.net in advance.

Sign up for your free, interactive Mountain Doin's subscription!
Write ncmco@bellsouth.net. Subject line: *Subscribe Me*.

A.A. GRAPEVINE

featurette

When we first come into AA, some of us have trouble feeling like we belong. But, luckily, the doors of AA are wide.

In the Big Book chapter "There is a Solution," it states that we alcoholics "are people who normally would not mix." But then it quickly assures us that "there exists among us a... read more at www.aagrapevine.org



Top Three I-Say Forum Topics on Grapevine Website as of September 21, 2012

- **Heard at Meetings** • viewed 61,045 times
"Bill W wrote that sometimes the good can be the enemy of the best. He also wrote that sometimes the seeming temporary good can be the deadly enemy of the permanent best. When it comes to AA only the very best will do. Bring your message to those groups and see what happens. "Kill the messenger" comes to mind. Start at the group conscience. If there is no such thing as a group conscience meeting, call one. If no one is interested in that, just start voicing your concerns when you share. No, it will not be easy. I have always thought, let someone else do it. Today, I am that 'someone else.' — ANONYMOUS"
- **Burning Desire to Share** • viewed 37,827 times
- **Traditions** • viewed 20,952 times

Fully Stocked & 100% Sober!

Central Office stocks a large selection of G.S.O. publications with inspiring, sober, and helpful information on all kinds of special topics of interest to A.A.s. Come on in and buy a couple—they're only a buck apiece! Here are some highlights from the pamphlet...

The AA Member—Medications & Other Drugs

“The experience of some AA members reveals that drug misuse can threaten the achievement and maintenance of sobriety. Experience has shown that this problem can be minimized if the following suggestions are carefully heeded:

- 1 Remember that as a recovering alcoholic your automatic response will be to turn to chemical relief for uncomfortable feelings and to take more than the usual, prescribed amount. Look for non-chemical solutions for the aches and discomforts of everyday living.
- 2 Remember that the best safeguard against drug-related relapse is an active participation in the AA program of recovery.
- 3 No AA member plays doctor.
- 4 Be completely honest with yourself and your physician regarding use of medication.
- 5 If in doubt, consult a physician with demonstrated experience in the treatment of alcoholism.
- 6 Be frank about your alcoholism with any physician or dentist you consult. Such confidence will be respected and is most helpful to the doctor.
- 7 Inform the physician at once if you experience side effects from prescribed drugs.
- 8 Consider consulting another doctor if a personal physician refuses or fails to recognize the peculiar susceptibility of alcoholics to sedatives, tranquilizers, and stimulants.
- 9 Give your doctor copies of this pamphlet.”

12-Stepping at Central Office: An Update

September 4 marked the first evening in a long while that the Central Office “A.A. Hotline” was answered by two sober alcoholics instead of a paid answering service.

For years now, Central Office has been paying a service to route calls made to Central Office whenever the Office is closed (our manager switches the phone over to the service as she’s locking up). The way it works is, a (non-alcoholic) operator takes that caller’s information then starts calling A.A.s who are on our **Step 12 Call List**, to try to find someone who will talk with that caller. The answering service’s meter starts ticking when the operator answers the call and it doesn’t stop until she or he finds **an A.A. willing**

for many of A.A.’s members.

To keep the trial run organized, we ask that groups consider **“sponsoring” a month’s worth of a weeknight**. A group can recruit a rotating roster of two sober group members to man the phone in our “Back Office.” (How about someone with time and a newer member?)

Central Office’s back room is a pleasant space, with plenty of room, A.A. literature, up-to-date meeting information (of course!), and a few handy guidelines. Would your group like to take on a month of October Wednesdays (or November Thursdays...)? If interested, or if you’d like more info, call the committee coordinator, Cathy B., at (828) 458-1529.

These groups have been taking the phones on these nights: H’ville Group: Mondays; A’ville Big Book Step Study/Women’s Big Book Step Study Groups: Tuesdays; Big Town Group: Fridays.

We hope your group can help out. An update will be given at the next COR meeting (**Oct. 28**).



.....
AA members, see your story in the *Mountain Doins* newsletter! Send submissions to ncmco@bellsouth.net by the 15th for the next issue. NCMCO only publishes signed work so be sure to include your first name, last initial, and home group.
.....



*Sobriety Tip #89
Meeting Makers Make It*

Let Literature Carry the Message

Central Office Carries a Huge Selection of Pamphlets in English and *en Español*

Get some today (or tomorrow for sure).

Groups may order supplies by phone or email and have them *shipped*.

(828) 254-8539 • ncmco@bellsouth.net

We're here for you!

to talk to that caller. (Remember, NCMCO pays for this outside service—these answering-service operators are not A.A.s; their job is to connect callers with A.A.s on the Step 12 Call List).

The COR (Central Office Representatives) ad-hoc committee asks that a “sponsor group” recruits two 12-steppers to take calls **at the Office** from 6:00–9:00 pm. Taking calls there keeps the 12-stepper’s **phone number private**—a concern

The District Express

12th Step Call List needs office volunteers from all three Districts. If you are good on the phone • want to help • are consistent • have a helpful attitude • some sobriety, please contact Central Office. (828) 254-8539 or ncmco@bellsouth.net.

All Districts: Committee Coordinators please send updates on committee meeting times, recent activity, and upcoming service opportunities! The November newsletter deadline is October 15.

Central Office Representatives (CORs) meet at 2p.m. on the *last Sunday of the first month of each quarter*, at St. Luke's Parish House, 219 Chunn's Cove Rd. Next meeting: **October 28, 2:00p**

District 70

Contact any District 70 trusted servant through the website <http://ashevilleaa.org> (click the *Contacts* link at the top of the page).

GSR District Meeting is Sunday, October 14, 2:30 pm, at St. Luke's Episc. Church Parish House, 219 Chunn's Cove Rd, Asheville

Bridging the Gap next meeting is Wednesday, October 3, 6:30 pm, Oakley UMC (after the 5:30 pm meeting). **Treatment** For more info, please contact Monica G., the TFC coordinator at cotamonica@yahoo.com, or Janey or Brad, the Bridging the Gap co-coordinators, toll-free at **(888) 830-3155**. Learn more about BTG at <http://btgww.org/>.

Events Committee meets second Saturdays. Next meeting is October 13, 1:00 pm. Ingles Cafe, 1865 H'ville Rd (at Mills Gap, across from Earth Fare).

Service Committees meets the last Tuesday of every even-numbered month. Next meeting is October 30, 6:00 pm. Trinity Episcopal Church, 60 Church St, Asheville

District contributions are mailed to: District 70 Treasurer, PO Box 8574, Asheville, NC 28814

District 71

DCM: Whitney B.: foothillscal@gmail.com

District contributions are mailed to: R.L. Zipser, 86 Canterbury Trace, Brevard NC 28712

District 80

DCM: John E. - to contact go to www.aawnc80.org
Groups, mail your **district contributions** to:
Treasurer, PO Box 1599, Franklin, NC 28744

Central Office carries a wide selection of A.A. literature and recovery materials, such as

- Medallions
- Pamphlets
- Grapevine & LaViña
- Bumper/window stickers
- Recovery greeting cards

Order by phone (we ship!) or stop by and browse our stock.

- A.A. events at the national, state, and district level are listed in one place.

- Fliers included, for your meeting announcements

- You get straight-to-the-source links to AA events:

email, web sites, and registration pages.

- Click any email address in the digital newsletter—it's

a live link!

Tickle your inbox!

Request your

free free free

digital

interactive

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Subject line: **Subscribe Me**