

Mountain Doins

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

January
2013

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 • info@ncmco.net

Quarterly Central Office Meeting • Sunday, January 29, 2pm 70 Woodfin Place, Ste 210 • Asheville NC

Traveling west on I-240, take the Charlotte St exit and turn left at the light; turn left again at the next light. Park Place Bldg is the brick office building on your left. NCMCO is on the 2nd floor. Traveling east on I-240, take the Charlotte St exit and continue through the light. Park Place Bldg is the brick office building on your left, right after passing through the intersection. NCMCO is on the 2nd floor.

Central Office (NCMCO) has a new email address! It's info@ncmco.net

ANNIVERSARIES

Acceptance Group

Ethan C.	1/12/12	1yr
Nick M.	1/18/94	19 yrs
Alberta W.	1/12/02	11 yrs

Around the Room Group

Tom W.	1/1/91	22 yrs
Lisa D.	1/17/09	4 yrs
Holly	1/17/09	4 yrs

Asheville Big Book Step Study

Suzanne T.	1/1/92	21 yrs
Ed R	1/3/88	25 yrs
Natalie B.	1/9/09	4 yrs
Kitty	1/24/09	4 yrs

Asheville Women's Big Book Step Study

Jodie R.	1/8/04	9 yrs
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Brevard Serenity Group

Kristine N.	1/9/04	9 yrs
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Cumberland Group

Myra B.	1/1/94	19 yrs
Judy M.	1/19/82	31 yrs

Fletcher Thursday Group

Pete	1/12/07	6 yrs
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Happy Hour Group - Hendersonville

Eunice D.	1/15/83	30 yrs
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Kiss Candler Group

Deb W.	1/9/12	1 yr
Randy L.	1/24/11	2 yrs

Leicester Group

Renee Mc.	1/10/05	8 yrs
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Maple Grove Group

Stacy R.	1/2/88	25 yrs
Don	1/2/12	1 yr
Carol T.	1/6/80	33 yrs
Gordy S.	1/28/78	35 yrs
Lisa W.	1/23/11	2 yrs

Serenity Sisters Group

Nancy B.	1/2/91	22 yrs
Derinda C.	1/6/10	3 yrs
Paula	1/28/87	26 yrs
Melinda M.	1/18/11	2 yrs

Women of Grace

Cynthia M.	1/18/85	28 yrs
Sandy T.	1/1/10	3 yrs
Terry G.	1/10/84	29 yrs

Group secretaries, email February anniversaries to info@ncmco.net by January 15!

Profit & Loss YTD Comparison
Accrual Basis

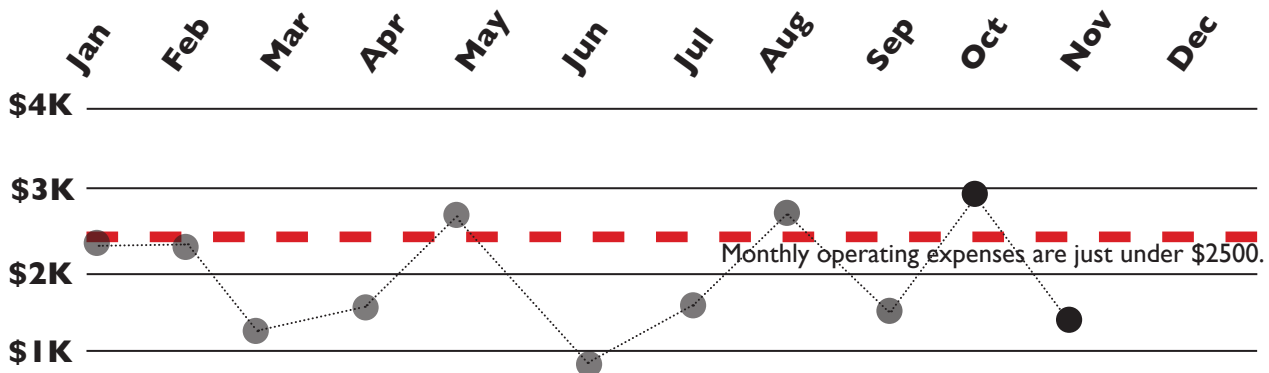
NC Mountain Central Office Profit & Loss YTD Comparison November 2012

	Nov 12	Jan - Nov 12
Income		
Sales Income		
Conf/GV Approved	1,403.45	16,203.69
Non-Conf/GV-approved	709.61	8,837.44
Shipping & Handling	15.68	313.56
Total Sales Income	<u>2,128.74</u>	<u>25,354.69</u>
Other Income		
Subscriptions	0.00	11.00
Interest Income	0.00	6.40
Group Contributions	1,397.98	22,504.86
Individual Contributions	13.19	374.29
Total Other Income	<u>1,411.17</u>	<u>22,896.55</u>
Total Income	<u>3,539.91</u>	<u>48,251.24</u>
Cost of Goods Sold		
Freight	26.29	145.95
Non Conf/GV Approved	393.95	5,821.79
Conf/GV Approved	1,237.01	14,186.26
5000 · Cost of Goods Sold	13.17	71.10
Total COGS	<u>1,670.42</u>	<u>20,225.10</u>
Gross Profit	<u>1,869.49</u>	<u>28,026.14</u>
Expense		
Software	0.00	129.99
Accounting Services	0.00	340.95
Miscellaneous	1.39	115.05
Bad Debts	0.00	21.04
Bank Service Charges	0.00	0.00
Copier Rental	188.28	2,021.33
Editor	120.00	1,320.00
Fees - Consultants, Legal, Audit	0.00	163.33
Insurance	0.00	536.57
Office Supplies	119.54	780.32
Payroll Expenses	838.21	9,642.60
Postage	73.20	1,016.85
Rent	462.00	5,046.00
Telephone		
Answering Service	211.00	3,438.74
Office Telephone	204.67	2,463.80
Total Telephone	<u>415.67</u>	<u>5,902.54</u>
Total Expense	<u>2,218.29</u>	<u>27,036.57</u>
Net Income	<u><u>-348.80</u></u>	<u><u>989.57</u></u>



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](#).

2012 Financial Security Snapshot
Monthly group contributions compared to average monthly expenses



Group Contribution\$ November 2012 & YTD

4th Dimension		\$150.00	Marshall Group 110-489	\$111.00
11-11-11 Meeting		\$35.00	Men's Attitude Adjustment	\$50.00
Acceptance Group		\$1,626.70	Mid Day Group (Hendersonville)	\$1,020.60
Anonymous	\$75.93	\$125.95	Mill Spring Group 656-821	\$38.00
Around the Room Group	\$27.90	\$393.77	Mission Group of Sylva 606-119	\$50.00 \$130.00
AVL Women's Big Book Step Study		\$87.55	Monday Night Open Meeting	\$893.52
AVL Big Book Step Study Grp 637-843		\$276.85	Mountain View (Highlands) 110-598	\$400.00
Back to Basics		\$108.00	Murphy Big Book Group	\$30.00
Big Town Group	\$76.68	\$453.02	New Freedom Group	\$40.00 \$180.11
Black Mountain Group		\$190.00	Pisgah Group	\$274.00
Blue Ridge Grp 110-557		\$122.07	Plan B Group	\$200.00
Brevard Serenity Group		\$81.00	Recovery by the River 674-892	\$445.60
Burnsville Grp 135-171	\$75.00	\$75.00	Safe N Sound 645-654	\$124.13
Candler Kiss Grp 163-148	\$195.00	\$480.00	Second Chance Group- Cherokee	\$13.01
Came to Believe Grp 611-288	\$25.00	\$25.00	Serenity Seekers - Marion 663-204	\$35.00
Cashiers Valley Grp 122-589		\$486.10	Serenity Service 110-498	\$60.00 \$660.00
Columbus Group		\$91.25	Serenity Sisters Group	\$80.00
Common Sense Group	\$26.97	\$190.34	Skyland Meeting	\$60.00
Conscious Contact (Asheville)		\$1,900.00	Speed Bump Group	\$50.00
Daily Decisions Group		\$190.33	Sunshine AA Group	\$150.00
Daily Reflections - Blk Mtn		\$10.90	Surrender Group - Black Mtn	\$180.00 \$180.00
Day by Day Group		\$1,059.16	Sylva Group	\$50.00
Downtown Serenity		\$225.00	Sylvan Valley AA Group	\$150.00
Early Birds 612-780		\$502.55	Three Alarm Group	\$31.00
Fellowship Group		\$230.00	Total Surrender Group	\$100.00 \$300.00
Fireside Group		\$357.00	Traditional Group	\$100.00
Fletcher Group		\$100.00	Tryon 12 and 12	\$152.00
Good Livers 666-360		\$331.00	Tryon Thursday Meeting	\$175.00
Grace Group of Asheville		\$2,916.65	Tues Men's Big Book	\$50.52
Grace of God Group of HVL	\$50.00	\$150.00	Waynesville Group	\$1,112.80
Happy Hour Group		\$300.00	Women of Courage	\$254.49
Joy of Living-Black Mountain		\$300.00	Women Of Grace	\$153.00
Joy of Living-Brevard		\$75.00	Young Peoples Group 645-646	\$76.00 \$128.29
Kanuga Group	\$22.50	\$225.00	Total Group Contributions:	\$1,397.98 \$22,504.86
Lambda Group 617-035	\$317.00	\$392.00	<i>Individual Contributions</i>	
Leicester Group 143-417		\$200.00	Anonymous	\$3.19 \$234.29
Living in the Solution Grp 685 - 693		\$122.00	In Memory of B.G.	\$10.00 \$110.00
Log Cabin Group		\$38.60	Bob Heuer	\$30.00
Maggie Valley Group 158-950		\$20.00	Total Individual Contributions:	\$13.19 \$374.29
Mars Hill		\$80.00	Grand Total	\$1,411.17 \$22,879.15

Central Office Cash on Hand

Checking Account	\$3633.81
Money Market (Prudent Reserve)	\$7016.96
Rent Deposit	\$500.00
Total	\$11149.77

Call & Visitor Log November 2012

AA Crisis 2
General Info 12
Family Help 6
Meeting Info 15
Central Office Business 35
Medical/Detox 0
Visitors 68
Answer Svc (Operator-Asst) 39

North Carolina Mountain Central Office News

New Step 12 Call Coordinator!

Gene S. is our new coordinator and has been working on updating the Step 12 Call List. If you'd like to be on the list, contact Cindy at info@ncmco.net and she'll give you Gene's phone number.

Board Secretary Opening

This volunteer position records the minutes of the monthly Board meetings and of the quarterly COR meetings. Write info@ncmco.net for more info. Thanks for your three years' dedicated service on the board, Pete S.; we'll miss you!

Districts Board Trustees A vote will be taken re the board's proposal at the January 29 quarterly meeting. Contact Suzanne T., board chair, info@ncmco.net for more info, and see the November and December newsletters at ashevilleaa.org ("News").

From the Board Treasurer...

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 January 10, 2013, at 6:00 pm, Central Office. All welcome. If you'd like to suggest an agenda item, email info@ncmco.net (a few days in advance, please).

Meeting Updates District 70, 71, 80

New Meetings

- Asheville.** *Moments of Clarity Group* Tuesday, 6:00 pm, Lower Fellowship Bldg, Warren Wilson College, 701 Warren Wilson Rd (O, D)
- Asheville.** *Birds of A Feather* Saturday, 10:30 am, First Congregational UCC, 20 Oak St., Asheville-Room 103 (OD)
- Asheville.** *Came to Believe Group* Thursday, 7:00 pm UNCA, 102 Highsmith Auditorium (O, D)
- Asheville.** *Rule 62 Group*, Monday 7:00 pm. Trinity United Methodist Church, 587 Haywood Rd (O, D)
- Brevard.** *The Principles Group* Saturday, 11 am, Selica Methodist Church 529 Selica Rd (O, D)
- Franklin.** *Practical Sobriety* Thursday 7:00 pm. St. Cyprian's Episc Church, 216 Roller Mill Rd (O, BG)
- Hendersonville.** *Music and Gay Chatter Group* Monday 6:00 pm, The Cox House, 723 N Grove St, Hendersonville. (G, varied format)
- Hendersonville.** *Hendersonville Group* Sunday, 6:00 pm. 1620 Willow Rd, opposite Valley Hill Fire Dept.; handicap accesible (O, LS)

Meeting Changes

- Asheville.** *Safe and Sound Group* Tuesday 7:00 pm has moved to the 1st Congregational UCC, 20 Oak St., Fellowship Room (O, D)
- 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

- Weaverville.** *11th Step Meditation Meeting*, Thursday, 8:00 am, First Baptist Church

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

A.A. GRAPEVINE *featurette*

This month's special section is Young & Sober!
Party Time How a sober teen got through graduations, dances, weddings and deaths

Pit Stop

She spent years hopping from bars to beds until a good friend showed her the way home

On the Road to WACYPPA

An Irish visitor and her newcomer friend take off on a sober West Coast adventure

Mess on Campus

Blackouts, stitches and failed classes, it was all downhill until she found
AA Related Story: *Sober at 12*

Man Up

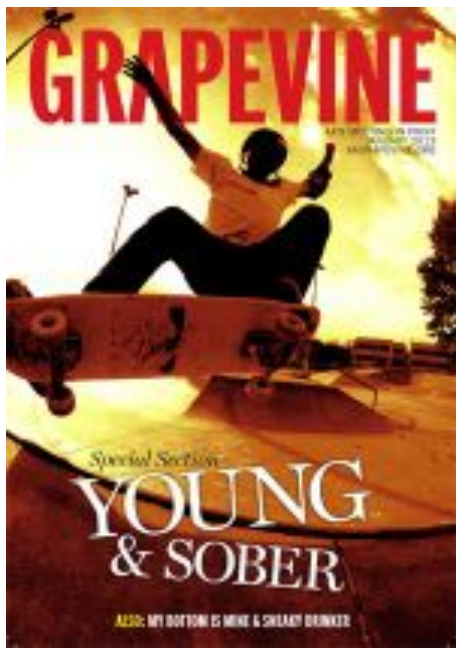
A young peoples' meeting showed this "macho" guy there was another way to live

Bright Lights of Fun

How a young AA learned to re-define "fun," and find a colorful new world

Still a Great Ride

An old-timer returns to his beloved young peoples' group, where, long ago, he learned to survive the ups and downs of early sobriety. Read more at www.aagrapevine.org.



A.A. Events Calendar

Hendersonville Holiday Alcothon. 1620 Willow Rd (across from Fire Dept)

Monday, December 31, starts at noon; meetings on the even hours. Last meeting will be at midnight.

Tuesday, January 1, starts at noon; meetings on the even hours. Last meeting at midnight.

Conscious Contact Group's New Year's Eve Alcothon. 2:00 pm Monday, December 31, –2:00 am Tuesday, January 1. North Asheville Community Center, 37 Larchmont Dr (below the Fire Dept); see ashevilleaa.org ("Events").

[An Excerpt from A.A.'s Published Resources...](#)

A.A. Traditions and the Internet:

"We observe all A.A.'s principles and Traditions on A.A. Web sites. Anonymity—As anonymity is the "spiritual foundation of all our Traditions," we practice anonymity on public Web sites at all times. Unless password-protected and for members only, an A.A. Web site is a public medium, and, therefore, requires the same safeguards that we use at the level of press, radio and film. In simplest form, this means that A.A.s do not identify themselves as A.A. members using their full names and/or full-face photos. For more information on anonymity online, see the section [\[online or in print\]](#), 'Guarding Anonymity Online.'"

"...Nonaffiliation, nonendorsement—Linking to other A.A. Web sites will often have the positive effect of significantly broadening the scope of a site. However, even when linking to another A.A. site, care must be exercised since each A.A. entity is autonomous, has its own group conscience, and may display information that another A.A. group conscience might find objectionable. There is no way to know when this might occur.

Experience indicates that linking to non-A.A. sites is even more problematic. Not only are they much more likely to display non-A.A. and/or controversial material, but linking might imply endorsement, if not affiliation. In the final analysis, experience strongly suggests that, when considering linking to another site, proceed with caution...."

Online, you can also access Alcoholics Anonymous's [Guidelines and Pamphlets](#) on these related topics:

[A.A. Traditions and the Internet](#)
[Anonymity Letter to the Media](#)
[Understanding Anonymity](#)

::Update: To All Groups::

Some years ago, it was proposed that A.A. groups in the North Carolina Mountain Central Office (NCMCO) service area (Districts 70, 71, and 80) elect Central Office representatives (CORs). That structural concept was modeled after A.A.'s General Service Representatives (GSRs). Due to low COR participation, the Executive Board will present a motion to drop the Central Office Representative (COR) concept at the January 27, 2013, quarterly meeting. It proposes to replace the "COR meeting" with **open quarterly board meetings, to be held on the second Thursdays of January, April, July, and October, at 6:00 pm at Central Office**, Suite 210 at 70 Woodfin Place, Asheville. Further, the board will propose that each district elect its own trustee to the NCMCO Board, defining that position's sobriety requirements and duties according to the districts' needs. If you or your group has an interest in the discussion of these proposals, please attend this meeting. *Although seating is limited, all are welcome!*

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2 Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3 Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



4 Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



6 If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



8 Worship in your own way.



9 Don't sit around brooding. Catch up on those books, museums, walks, and letters.



10 Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



11 Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



12 "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

The District Express

NCMCO 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 info@ncmco.net.

All Districts: 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) will meet at 2:00 pm. on Sunday, January 27. Please read the "Update: To All Groups" article and note that this meeting will be held at Central Office.

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, January 13, 2:30 pm, at St. Luke's Episc. Church Parish House, 219 Chunn's Cove Rd, Asheville

Bridging the Gap (with treatment facilities). For more info, please contact Monica G., the TFC Chair at ashevilleaa.org; Brad S., BTG Chair; or Janey K., Co-Coordinator, at the toll-free number (888) 830-3155. If you would like to participate in this vital program feel free to attend the Service Committee Meeting (see listing, below). Learn more about BTG at <http://btgww.org/>.

Events Committee meets second Saturdays. Next meeting is January 12, 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 February 26, 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

Not enough time to get to Central Office? We'll try to help you get your order when it works for you. We have...

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

Order by phone (we ship!) or stop by and browse the shelves.

• 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

colorful

interactive

Mountain

Doin's.

Sign up by writing to info@ncmco.net

Subject line: **Subscribe Me**