

Mountain Doin's

March
2013

Western Pre-Conf March 9

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

ANNIVERSARIES

Acceptance Group

Laurie S.	3/5/2008	5 yrs
Mike G.	3/19/1989	24 yrs
Sandra	3/23/2012	1 yr

Around the Room Group

Bruce A.	3/15/1988	25 yrs
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AVL Big Book Step Study

Ed T.	3/21/1999	14 yrs
Ralph B.	3/2/1987	26 yrs

AVL Women's BBSS

Susan W.	3/30/1998	15 yrs
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Brevard Serenity Group

Ray G.	3/4/2011	2 yrs
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Cumberland Group

Marcella	3/27/2008	5 yrs
Whitney	3/17/2007	6 yrs

Grace Group

Shari S.	3/8/2002	11 yrs
Christopher C.	3/11/2008	5 yrs
Betsy C.	3/13/1995	18 yrs
Alan D.	3/15/2012	1 yr
Dick J.	3/15/1981	32 yrs
Brit K.	3/18/2012	1 yr
Tibby T.	3/25/2012	1 yr
Conor E.	3/26/2011	2 yrs
Matt M.	3/29/2011	2 yrs
Ben S.	3/30/2012	1 yr
Terry M.	3/31/1986	27 yrs

Happy Hour Grp HVL

Gary O.	3/8/2010	3 yrs
Jan C.	3/24/2010	3 yrs
Walter C.	3/29/2010	3 yrs
Paul McK.	3/17/1983	30 yrs

Hendersonville Group

Bill G.	2/12/1992	21 yrs
Chris V.	3/28/2009	4 yrs
Deborah W.	3/17/1987	26 yrs
Jim P.	3/23/1983	30 yrs
Terry G.	3/26/1979	34 yrs
Dawn C.	3/7/1996	17 yrs
Irma D.	3/7/1985	28 yrs
Dave R.	3/19/1987	26 yrs
Gloria P.	3/20/2011	2 yrs.

KISS Candler Group

Doug O.	3/9/1972	41 yrs
Greg C.	3/15/2009	4 yrs
Patrice C.	3/15/2009	4 yrs
Rich W.	3/28/1994	19 yrs

Leicester Home Group

Ed. M.	3/17/1974	39 yrs
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Maple Grove Group

Paul M.	3/6/2002	11 yrs
Jim D.	3/28/2003	10 yrs

Mars Hill Group

Gary R.	3/5/2000	13 yrs
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Serenity Sisters

Phoebe H.	3/3/1985	28 yrs
Terese S.	3/5/1911	2 yrs
Donna S.	3/25/1987	26 yrs

Women of Grace

April L.	3/2/2011	2 yrs
Jane Y.	3/28/2002	11 yrs
Julia J.	3/18/2006	7 yrs.
Karen F.	3/29/1971	42 yrs
Nancy J.	3/3/1983	30 yrs

Profit & Loss YTD Comparison
Accrual Basis

11:52 AM
02/20/13
Accrual Basis

NC Mountain Central Off
Profit & Loss
January 2013

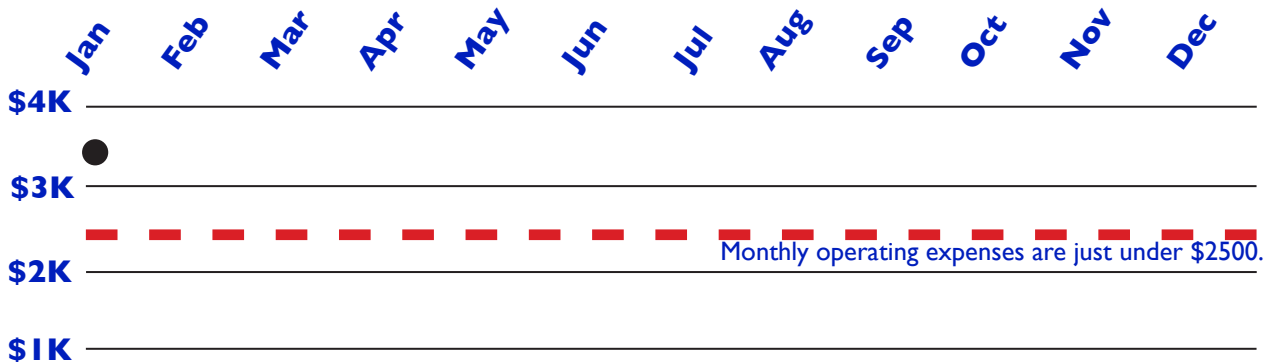
	Jan 13
Income	
Sales Income	
Conf/GV Approved	1,604.43
Non-Conf/GV-approved	894.74
Handling & Shipping	22.81
Total Sales Income	2,521.98
Other Income	
Subscriptions	22.00
Group Contributions	3,404.73
Individual Contributions	10.00
Total Other Income	3,436.73
Total Income	5,958.71
Cost of Goods Sold	
Freight	26.70
Non Conf/GV Approved	493.66
Conf/GV Approved	1,439.82
Total COGS	1,960.18
Gross Profit	3,998.53
Expense	
Copier Rental	162.31
Editor	120.00
Office Supplies	173.39
Payroll Expenses	1,237.63
Payroll Taxes	56.40
Postage	72.08
Rent	462.00
Telephone	
Answering Service	211.00
Office Telephone	215.75
Total Telephone	426.75
Total Expense	2,710.56
Net Income	1,287.97



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



Click the links to read online at aa.org



Group Contribution\$ January 2013 & YTD

Acceptance Group	\$278.02	\$278.02
Anonymous	\$85.00	\$85.00
Around the Room Group	\$60.00	\$60.00
Cashiers Valley Grp 122-589	\$178.33	\$178.33
Cumberland Grp 122-472	\$300.00	\$300.00
Fireside Group	\$301.57	\$301.57
Grace Group of Asheville	\$780.81	\$780.81
Hand-in-Hand Group	\$100.00	\$100.00
Leicester Group 143-417	\$50.00	\$50.00
Library Group	\$72.50	\$72.50
Monday Night Open Meeting	\$97.50	\$97.50
New Freedom Group	\$40.00	\$40.00
Recovery by the River	\$100.60	\$100.60
Roundtable Group	\$100.00	\$100.00
Serenity Service 110-498	\$60.00	\$60.00
Tryon Monday Group	\$50.00	\$50.00
Waynesville Grace Grp 110-692	\$600.00	\$600.00
We Think Not Group	\$18.66	\$18.66
Women of Courage	\$68.74	\$68.74
Young People's Grp 645-646	\$63.00	\$63.00
Total Group Contributions	\$3,404.73	\$3,404.73
<i>Individual Contributions</i>		
In Memory of B.G.	\$10.00	\$10.00
<i>Total Individual Contributions</i>	\$10.00	\$10.00
Grand Total	\$3,414.73	\$3,414.73

Central Office Cash on Hand

Money Market (Prudent Reserve)	\$7,017.40
Operating Account (Checking)	\$4,536.47
Rent Deposit	\$500.00

New hours effective March 1: 10–1 M–F

Getting Into Service!

Pastor Daniel Reese, of the Beavertown Baptist Church, Asheville, (District 70) would like to get an AA meeting started at that location. To help out, either contact the District's Cooperation with the Professional Community Committee (email via the D70 website) or discuss it with your group. For more info, contact Cindy, NCMCO office manager, at 254-8539 or info@ncmco.net.

General Service Representative – G.S.R.

“The general service representative has the job of linking his or her group with A.A. as a whole. The G.S.R. represents the voice of the group conscience, reporting the group's thoughts to the district committee member and to the delegate, who passes them on to the Conference. This communication is a two-way street, making the G.S.R. responsible for bringing back to the group Conference Actions that affect A.A. unity, health, and growth. Only when a G.S.R. keeps the group informed, and communicates the group conscience, can the Conference truly act for A.A. as a whole.”

– [The A.A. Service Manual, p. S26](#)

Cooperation with the Professional Community Committee –CPC Committee

Members of these committees provide information about A.A. to those who have contact with alcoholics through their profession. This group includes health care professionals, educators, members of the clergy, lawyers, social workers, union leaders, and industrial managers, government officials, as well as those working in the field of alcoholism. Information is provided about where we are, what we are, what we can do, and what we cannot do.

– [G.S.O. Guidelines on CPC Committees](#)

Click the link to read online at aa.org

Call & Visitor Log January 2013

AA Crisis 1
General Info 5
Family Help 0
Meeting Info 23
Central Office Business 36
Medical/Detox 0
Visitors 87
Answer Svc (Operator-Asst) 34

North Carolina Mountain Central Office News

COR Meetings Now at...

Suite 210, 70 Woodfin (in the Park Place Bldg., just off Charlotte St at the I-240 interchange).

Board Openings: Sec'y, Treasurer, Trustees for Districts 71 & 80

Attend board meetings 2nd Thursdays, 6:00 pm.

Attention All Groups & CORs

See the report from District 70's Webmaster on [page 9](#).

From Our Finance Department...

Groups, please pay your bills within 30 days so the Office can continue to stock its shelves. Group treasurers, please contact the office to check about any outstanding balances.

Next Board Meeting Will Be...

Thursday March 14, 2013, at 6:00 pm, Central Office. All welcome. If you'd like to suggest an agenda item, email info@nc-mco.net (a few days in advance, please).

Answering Service News

Gene S., Step 12 Call Coordinator, and Suzanne T., board chair, recently visited Daniels Communications to see how they handle calls to the Central Office number when the Office is closed. We got a warm welcome and saw how their operators use our list with their computer system.

Meeting Updates Districts 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.** *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)
- Waynesville** *The Great Fact Group.* Sunday, 11:00 am. 23 N Main St at Main Street Perks (O, D)

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 now meets Saturday 1:00 pm. Still held in multipurpose room in basement, across from the cafeteria.
- Highlands.** *Mountain View Group* has moved its meetings to 1st Presbyterian Ch, lower level library, 5th St. entrance
- Marshall.** *Marshall Group* meeting is now held at 7:00 pm. on Fridays

Cancelled Meetings

- Clyde.** *Clyde Central Group*, Saturday 5:00 pm, Clyde Central UMC, 410 Charles St (O, D)
- Fletcher.** *Fletcher Group*, 8:00 pm. United Methodist Church, 50 Library Rd (O, LS)

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

A.A. GRAPEVINE..... featurette

This month's special section features stories about Step 9. In making amends "we should be sensible, tactful, considerate and humble without being servile or scraping." —*Alcoholics Anonymous*, page 83

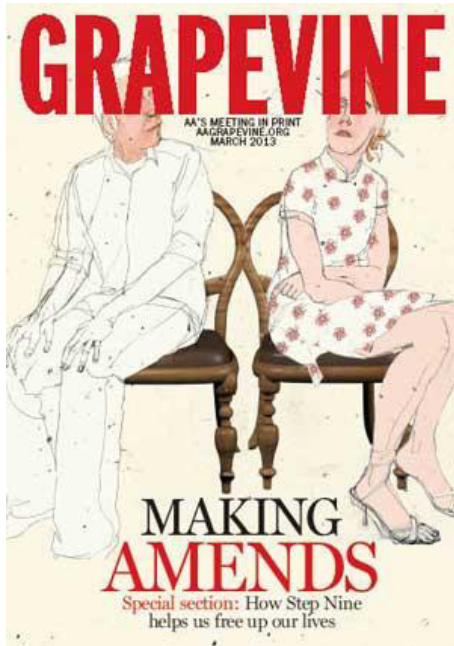
The Ninth Step helps a sober man make his way out of the ditch.

Zeke and I first met at a cabinet factory right after my Army discharge. He drove a tractor-trailer for them while I worked in the final assembly area and the loading dock. After I moved into the trailer park where he lived with his wife we began drinking together and generally enjoyed each other's company.

It did not take long to drink myself out of the job with the cabinet factory. Zeke was now working as a backhoe operator for a plumbing company, and he managed to get me hired there to be an assistant ditch-digger.

My drinking and dietary habits at the time did not...

Read more by subscribing to the digital edition of the *A.A. Grapevine*. Go to www.aagrapevine.org.



A.A. Events Calendar

A full calendar lineup of regional and national events in A.A. is at the **Area 51 site**: www.aanorthcarolina.org.

Flat Rock, NC: Western Pre-Conference. Saturday, March 9, 12:30 pm to 4:30 pm. St. John-in-the-Wilderness Episcopal Church, 1905 Greenville Hwy. Lunch will be served at 1:30.

Aberdeen, NC: 25th Annual "Freedom from Bondage" (Area 51 Corrections Committee) Conference. Friday, March 15–Sunday, March 17. FFB@ec.rr.com; see the Events page at www.ashevilleaa.org

Raleigh, NC: Spanish Language Pre-Conference. Sunday, March 24; see www.aanorthcarolina.org/events.asp

Fort Caswell, NC: 18th Annual Oak Island Lighthouse Retreat. May 10–12. Register online at www.oakislandlighthouse retreat.org or request a printable pdf of the paper flier from Central Office info@ncmco.net.

Akron, OH: 78th Annual Founder's Day 2013. June 7–9. See program insert. Registration begins Friday, March 1. <http://foundersdayregistration.akronaa.org>

Sobriety Tip #101

Trust God, clean house, help others.



Effective March 1: New hours
m-f, 10:00 am to 1:00 pm

The District Express

NCMCO seeks office volunteers from its service area. 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 April newsletter deadline is March 15.

Central Office Representatives (CORs) meet at 2:00 pm. on Sunday, April 28. Please read the D70 Webmaster's Report on [the insert](#) 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, March 10, 2:30 pm, at St. Luke's Episc. Church Parish House, 219 Chunn's Cove Rd, Asheville

Bridging the Gap (with treatment facilities). Contact Susan H., 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, please attend the Service Committees Meeting (see listing, below). Learn more about BTG at <http://btgww.org/>.

Service Committees meet the last Tuesday of every even-numbered month. Next meeting is April 30, 6:00 pm. Trinity Episcopal Church, 60 Church St, Asheville (note: **April has five Tuesdays!**).

Events Committee Watch this space for more info as it becomes available.

District contributions mail 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 854, Murphy, NC 28906

We'll try to help you get your order when it works for you. Central Office stocks...

- Medallions & chips
- Pamphlets: certified A.A.
- Grapevine & La Viña
- Bumper/window stickers
- Recovery greeting cards

Order by phone (we ship!). Stop by anytime to browse our shelves.

New hours, effective March 1: 10-1 M-F

Linked Newsletter for You!

- A.A. events at the national, state, and district level.
- Event fliers for your group's announcements
- You get straight-to-the-source links to AA events: [email](#), web sites, and conference pages.
- Click any email or URL in the digital newsletter—it's a live link!

Tickle your

inbox!

Request your

free free free

colorful

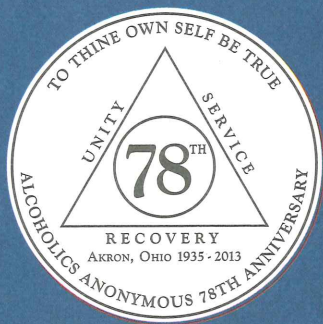
interactive

Mountain

Doin's.

Sign up by writing to
info@ncmco.net

Subject line: **Subscribe Me**



Founders' Day Herald

78th Anniversary of Alcoholics Anonymous

June 7, 8 & 9, 2013 | Akron, Ohio | Birthplace of A.A.

FRIDAY ACTIVITIES

A.A. 12 Step Panel

Discussion of One Step Per Hour

10:00 a.m. – 10:00 p.m.

Chaired by: Pam H.

A.A. Early Bird Meeting *

Roosevelt M. – Akron, OH

"God do what he do"

3:00 p.m.

Chaired by: Juanita W.

Actors Guild Play

"The Example"

5:00 p.m. & 8:00 p.m.

Reunión En Español A.A.

Open Discussion

6:00 p.m. – 9:00 p.m.

Chaired by: Aida C.

A.A. Old Timers' Panel *

Bob H. – Huntley, MT

Bill S. – Roswell, GA

Sterling H. – Omaha, NE

"Living in the solution"

7:00 p.m. – 8:30 p.m.

Chaired by: Jeff C.

A.A. & Al-Anon Meeting *

Don & Susan P. – Marco Island, FL

"AA and Al-Anon keep us on track"

9:00 p.m.

Chaired by: Phil B.

Serenity Singers

8:30 p.m. – 9:30 p.m.

12 Traditions Skit

10:30 p.m. Free Admission

All-Night Alkathon A.A.

11:30 p.m. – till?

SATURDAY ACTIVITIES

Bus Tours of Historic A.A. Sites

9:00 a.m. – 4:30 p.m.

3 buses continuously – Bierce Circle

A.A. Archives

Located in Akron Intergroup Office

(Stop on bus tour)

The 12 Traditions

Gail L. & Harmon V.

"Why it works"

9:00 a.m.

Chaired by: Jeff C.

A.A. Speaker Meeting *

David D. – Millersville, MD

"Standing on the shoulders of giants"

10:30 a.m.

Chaired by: Matt H.

Actors Guild Play

"The Example"

12:00 p.m. & 2:30 p.m.

A. A. Speaker Meeting *

Carla R. – Tujunga, CA

"Character is built in the dark"

2:30 p.m.

Chaired by: Dain R.

Reunion En Espanol A.A.

Jose Zapata, Newark, NJ

"Mas por la gracia de Dios"

3:00 p.m.

Chaired by: Aida C.

The History of Our Big Book

Presented by: Gail L. The Villages, FL

4:00 p.m.

Chaired by: Juanita W.

Serenity Singers *

UA Infocision Stadium

7:00 p.m.

A.A. Speaker Meeting *

Bob B. – St. Paul, MN

"A second surrender"

UA Infocision Stadium

8:00 p.m.

Chaired by: Steve E.

DANCE! DANCE! DANCE!

Saturday Night

10:00 p.m. – 1:00 a.m.

SUNDAY ACTIVITIES

MOTORCADE TO DR. BOB'S GRAVE *

Motorcycle procession and graveside memorial tribute to Dr. Bob & Anne Smith

7:30 A.M.

Speaker: Kent K.

Chaired by: Matt H.

A. A. SPIRITUAL PANEL MEETING

Step 12

9:00 a.m.

Chaired by: Chris C.

A.A. CLOSING SPEAKER MEETING *

Larry J. – Dallas, Texas

"I quit drinking in 1959,
but I stopped drinking in 1972"

Sunday 10:30am

Chaired By: Scott T.

AL-ANON

FRIDAY ACTIVITIES

Al-Anon Long-Timers Panel

Mariann H. – Kent, OH

Rex M. – Akron, OH

Darlene S. – Barberton, OH

"Al-Anon recovery

makes a difference!"

3:00 p.m.

Chaired by: Pat W.

A.A. & Al-Anon Meeting

Don & Susan P. – Marco Island, FL

"AA and Al-Anon keep us on track"

9:00 p.m.

Chaired by: Phil B.

AL-ANON

SATURDAY ACTIVITIES

Al-Anon Panel Meeting

Tom A. – Kent, OH

Pam S. – North Canton, OH

Julie C. Stow, OH

"From submission to surrender:

the first three steps"

10:00 a.m.

Chaired by: Brian S.

Alateen Panel Meeting

"Hear our alateens speak!"

1:00 p.m.

Chaired by: Linda K.

Al-Anon Workshop

"Al-Anon's slogans – the

shortcuts to serenity"

2:30 p.m.

Chaired by: Sharon B.

REGISTRATION

UA Student Union

CREDIT CARDS NOW ACCEPTED!

Registrations must be picked up by
6:00 p.m. Saturday – NO EXCEPTIONS!

Package Plans must be picked up at
designated dormitories.

Coffee & Fellowship Room

Student Union

A.A. Literature Sales

CREDIT CARDS NOW ACCEPTED!

Friday 8:00 a.m. – 8:00 p.m.

Saturday 8:00 a.m. – 5:00 p.m.

* A.S.L. Interpreter

FOUNDERS' DAY IS A SERVICE OF THE AKRON AREA INTERGROUP COUNCIL OF A.A.

Name badges & ribbons must be worn for admittance to all meetings – NO EXCEPTIONS!

TRIANGLE CLUBHOUSE

65 BRANNER AVE, WAYNESVILLE, NC 28786

A Report to District 70 on the January 2013 COR Meeting

by the [District 70 Webmaster, Danny S.](#)

The meeting started at 2pm and ended at 4pm. There were 11 people in attendance: the Office Manager, Cindy C., Chair of Board/Newsletter Editor, Suzanne T., Alt Chair, George D. as well as several GSRs and CORs. No Trustees were present and several board members were also absent. The meeting was held at the [new location of] "Central Office," not at Chunns Cove.

Majority of discussion was about 12 Step Call efforts, which need support as the phone list is outdated. A new call list is being updated by Gene S., who is taking a proactive approach to resolving past issues with volunteer availability. Contact Cindy at the office via email info@ncmco.net or phone 254-8539 to UPDATE on Gene's list.

Board members will be meeting with Daniels this week to review call center support policy and procedures, etc. Additional suggestions were made about how to keep the calls that go to the answering service from being as costly and time consuming.

Support and volunteers needed: Friday from 10am-1pm, Volunteer Needed; Secretary Position open, 2 years' sobriety suggested; Treasurer Position open, 5 years' sobriety suggested.

| Lack of attendance and support from Groups/districts and unfilled / unattended board member positions

Trustees: There is one trustee position that has been unfilled for over 2 yrs, another for [over a year]. Currently, Trustees are representatives of each district and are elected by the board and CORs. Trustees are voting members of the board.

CORs: There has been LOW turnout for CORs for years now. The Board proposes to remove the COR position completely and replace it with an OPEN QUARTERLY MEETING. This would be open to GSRs and A.A. members in Districts 70/71/80. It would be the conduit for information between the Office and Districts/Groups. The attendees would have a right to discuss items and approve them, or ask for group conscious if needed. This would take place once each quarter as part of the regular Board Meetings.

The Board also proposes to eliminate the trustee positions, as they are currently defined, and place responsibility with each district for their trustees. The board is requesting that Board Trustee positions for Districts 70/71/80 be the Districts' individual responsibility. Each District would elect its own trustee and define that position's requirements and duties as they pertain to their district's needs. The Trustee would still be a voting member of the Office Board.

It was further suggested that the trustee position might also serve as a replacement for the COR position. For example; each trustee would report back to their district business meetings to share information and when needed ask for GSRs to get Group Conscious on matters affecting other groups or AA as a whole, thereby allowing transparency and fluid communication between the Board and the Districts it serves. This would eliminate the need for an "Open Board Meeting" and encourage better participation across all areas that are currently neglected.

These items were tabled until the next Central Office Meeting to allow the COR/GSRs present to bring the items to their groups (and/or the District Meeting) for an Informed Group Conscious.

Central Office Is an A.A. “Service Center”

that aids and supports individuals, groups, and districts in Western North Carolina.



Is supported by group contributions
Answers to the A.A.s it serves

Keeps regular business hours
Pays for rent, phone service, and
an off-hours answering service
Stocks literature and chips



Publishes up-to-date meeting schedules and the “Mountain Doin’s” newsletter



Provides a place for A.A. volunteers to answer calls and help out with office business



Connects “new man” with a sober A.A.



Ships literature or other supplies to anyone who requests it