

Mountain Doin's

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

July 2013

COR MEETING • JULY 11 • CENTRAL OFFICE • 6PM

ANNIVERSARIES



Around the Room Group

Stewart R. 7/1/1999 14 yrs

Asheville Big Book Step Study

Linda S. 7/22/1983 30 yrs

Cumberland Group

David T. 7/21/1993 20 yrs

Matt J. 7/10/2002 11 yrs

Melvin L. 7/8/2011 2 yrs

Grace Group

George P. 7/1/2008 5 yrs

Rob F. 7/1/2011 2 yrs

Paul J. 7/2/2008 5 yrs

Judy M. 7/3/1994 19 yrs

Blair T. 7/4/1989 24 yrs

Alan B. 7/5/2006 7 yrs

Scott B. 7/7/2010 3 yrs

Anne R. 7/8/2007 6 yrs

Edward M. 7/9/2007 6 yrs

Cathy K. 7/10/2010 3 yrs

Carol V. 7/12/2007 6 yrs

Jonathan J. 7/14/2009 4 yrs

Vanessa D. 7/17/2007 6 yrs

Leslie S. 7/23/2012 1 yr

Linda M. 7/24/2003 10 yrs

Lisa S. 7/24/1988 25 yrs

Joe P. 7/25/2010 3 yrs

John P. 7/25/2005 8 yrs

Elizabeth H. 7/26/2006 7 yrs

Carla W. 7/28/2007 6 yrs

Debra J. 7/28/1986 27 yrs

Jeff R. 7/28/2002 11 yrs

Bob Pa. 7/31/2001 12 yrs

KISS Candler Group

Harriet K. 7/18/1988 25 yrs

Kim K. 7/3/1998 15 yrs

Maureen J. 7/5/2008 5 yrs

Leicester Home Group

Debbie W. 7/4/2008 5 yrs

Calvin M. 7/1/2011 2 yrs

Mars Hill Group

Sandy U. 7/12/1978 35 yrs

Serenity Sisters

Carol L. 7/2/2007 6 yrs

Amy H. 7/14/2012 1 yr

Traditional Group

Richard P. 7/6/2010 3 yrs

Kevin K. 7/6/2010 3 yrs

Sandra S. 7/29/2012 1 yr

Womens BB SS

Linda S. 7/22/1983 30 yrs

Laurie G. 7/27/2004 9 yrs

Kara C. 7/28/2011 2 yrs

Women of Grace

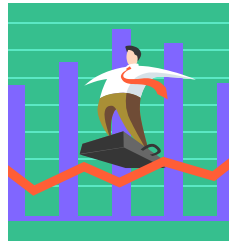
Gail M. 7/4/1998 15 yrs

Susan L. 7/4/2003 10 yrs

A.A. members, you can have your anniversary displayed on this page by emailing us your first name, last initial, home group, month, day, and year!
info@ncmco.net. Send it in by the 15th!

**Profit & Loss YTD Comparison
Accrual Basis**

	May 13	Jan - May 13
Income		
Sales Income		
Conf/GV Approved	1,817.91	7,735.96
Non-Conf/GV-approved	931.10	4,070.94
Handling & Shipping	17.24	89.26
Total Sales Income	2,766.25	11,896.16
Other Income		
Subscriptions	0.00	34.00
Miscellaneous	0.00	0.23
Interest Income	0.22	0.84
Group Contributions	1,565.99	10,669.08
Individual Contributions	3.92	45.50
Total Other Income	1,570.13	10,749.65
Total Income	4,336.38	22,645.81
Cost of Goods Sold		
Freight	60.40	214.87
Non Conf/GV Approved	809.14	3,006.72
Conf/GV Approved	1,547.55	6,783.30
5000 · Cost of Goods Sold	0.73	10.95
Total COGS	2,417.82	10,015.84
	1,918.56	12,629.97
Expense		
Office Equipment and Repairs	0.00	0.00
Accounting Services	0.00	159.43
Miscellaneous	0.00	0.19
Bank Service Charges	0.00	6.00
Copier Rental	164.78	887.76
Editor	120.00	600.00
Office Supplies	0.00	412.35
Payroll Expenses	1,081.37	5,221.61
Payroll Taxes	0.00	56.40
Postage	64.40	329.68
Rent	462.00	2,333.10
Sales Tax	6.07	51.11
Telephone		
Answering Service	289.48	1,190.81
Office Telephone	203.10	1,031.90
Total Telephone	492.58	2,222.71
Total Expense	2,391.20	12,280.34
	-472.64	349.63

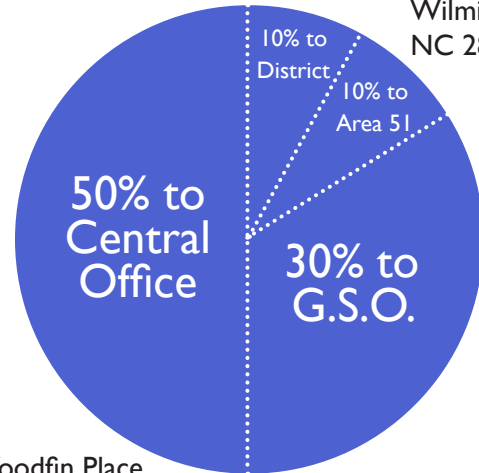


An Example of How Groups Might Contribute to the A.A. Service Structure*

*from the pamphlet [The A.A. Group Treasurer](#)

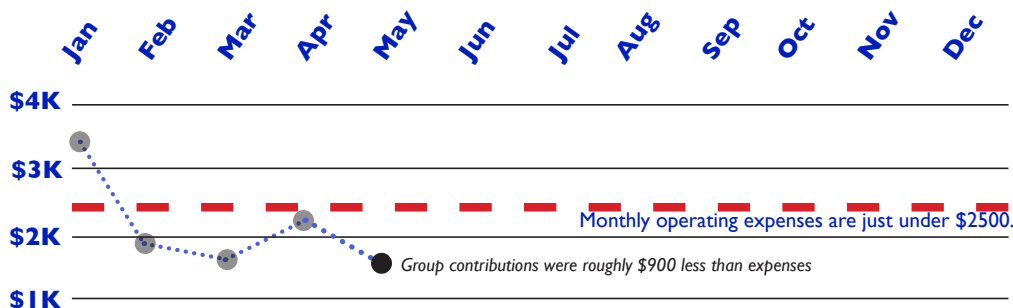
- **District 70 Treasurer**
PO Box 8574
Asheville NC 28814-8574
- **District 71 Treasurer**
K.G. Stewart
301 Forest Ave
Landrum SC 29356-9441
- **District 80 Treasurer**
PO Box 854
Murphy NC 28906

Area 51 NCGSC Treasurer
PO Box 657
Wilmington NC 28402



70 Woodfin Place
Suite 206
Asheville NC 28801

General Service Office
Grand Central Station
PO Box 459
New York NY 10164-0423



2013 Financial Security Snapshot

Group Contribution\$ • May 2013 & YTD

	May'13	Ja-May '13
Acceptance Grp		\$445.80
Anonymous	\$50.00	\$214.65
Around the Room Grp		\$153.00
AVL Big Book Step Study Grp 637-843		\$62.92
AVL Women's BBSS Grp		\$85.50
Big Town Grp 671-200		\$115.96
Black Mountain Grp		\$100.00
Candler Kiss Grp 163-148	\$95.00	\$195.00
Cashiers Valley Grp		\$265.66
Cedar Mountain Grp	\$25.00	\$50.00
Columbus Grp		\$90.00
Conscious Contact (AVL)		\$900.00
Cumberland Grp 122-472		\$300.00
Daily Decisions Grp		\$312.10
Day by Day Grp 159-058		\$596.73
Downtown Serenity	\$100.00	\$100.00
Fellowship Grp, Fletcher		\$150.00
Fletcher Grp 110-465		\$368.00
Fireside Grp		\$601.57
Grace Grp of Asheville	\$660.74	\$1,441.55
Grace of God Grp of HVL		\$75.00
Happy Hour Grp	\$50.00	\$50.00
Hendersonville Grp		\$80.00
Hand-in-Hand Grp		\$100.00
Kanuga Grp		\$67.50
Lambda Grp 617-035	\$43.50	\$112.91
Leicester Grp 143-417		\$100.00
Library Grp		\$72.50
Mid Day Grp	\$157.82	\$281.07
Mill Spring Grp 656-821		\$7.00
Monday Night Open Mtg	\$112.00	\$304.05
Mountain View (Highlands)		\$248.00
Murphy Big Book Grp		\$10.00
New Freedom Grp	\$30.00	\$110.00
New Life Literature		\$25.00
Pisgah Grp		\$155.33
Recovery by the River 674-892	\$106.58	\$207.18
Roundtable Grp		\$100.00

Sat. Morning Men's Mtg		\$40.00
Second Chance Grp	\$20.95	\$20.95
Serenity Seekers - Marion		\$57.50
Serenity Service 110-498	\$50.00	\$250.00
Skyland Meeting 693-372		\$60.00
Sylvan Valley AA Grp		\$50.00
Sunshine AA Grp		\$50.00
The Principals Grp		\$59.00
Total Surrender Grp		\$180.00
Tryon 12 & 12 690-877		\$26.00
Tryon Monday Grp		\$100.00
Warren Wilson Grp	\$39.40	\$39.40
Waynesville Grace Grp		\$600.00
We Think Not Grp		\$32.41
Women of Courage		\$68.74
Women of Grace		\$109.00
Young People's Grp		\$147.10
4th Dimension		\$100.00
11-11-11 Grp	\$15.00	\$15.00
Total Grp Contributions	\$1,555.99	\$10,659.08
Individual Contributions		
Anonymous	\$3.92	\$5.50
In Memory of B.G.	\$10.00	\$50.00
Total Ind Contributions	\$13.92	\$55.50
Grand Total	\$1,569.91	\$10,714.58

Central Office Cash on Hand

Money Market (Prudent Reserve)	\$7018.24
Operating Account (Checking)	\$1545.94
Rent Deposit	\$400.00
AT&T Deposit	\$100.00

One day, a mermaid showed up to her first A.A. meeting. An oldtimer welcomed her and kindly asked, "Why did you decide to come today?" The mermaid answered: "Because I drink like a fish."

Call & Visitor Log May 2013

AA Crisis 0
General Info 5
Family Help 2
Meeting Info 25
Central Office Business 32
Medical/Detox 2
Visitors 93
Answer Svc (Operator-Asst) 50

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).

Attention All Groups & CORs

The next COR meeting will be held at 6:00 pm on Thursday, July 11.

From the 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 July 11, 2013, at 6:00 pm, at Central Office. All are welcome. If you'd like to suggest an agenda item, feel free to email info@ncmco.net (a few days in advance, please). Be sure to include your phone number.

Our Phone Work

Supported by group contributions to our NCMCO mission to serve Western North Carolina, a professional answering service takes calls when the Office is closed. Most folks use the service's automated recordings to get up-to-date meeting information. There's also a Spanish option for meeting info.



Meeting Updates Districts 70, 71, 80

New Meetings

- Asheville.** *Women in Progress* Thursday 7pm, Center for Spiritual Living, 2 Science of Mind Way (L, O, D)
- Cherokee.** *Sisters in Sobriety* Friday 6:00 pm, St. Francis Episc. Church (C, W, BBSS)
- Fletcher.** New Beginnings Group, Saturday 10:00 am. Fletcher U.M. Church, 50 Library Rd (Hendersonville Rd/U.S. 25 & Cane Creek Rd) (W, C, D)
- Waynesville.** Monday–Friday 9:00 am. Triangle Club, 65 Branner Ave (O, BB)
- Waynesville.** Monday–Friday 5:30 pm. Triangle Club, 65 Branner Ave (O, D)
- Waynesville.** Saturday, 12 noon. Triangle Club, 65 Branner Ave (O, D)
- Hendersonville.** *Hendersonville Group* Sunday, 6:00 pm. 1620 Willow Rd, opposite Valley Hill Fire Dept.; handicap accesible (O, LS)

Meeting Changes

- Asheville.** *Acceptance Group* Monday 12:30 pm is a closed Big Book discussion (C, D, BB)
- Asheville.** *Acceptance Group* Tuesday 12:30 pm is a closed beginners' step study (C, BG, SS)
- Asheville.** *Dry Dock* will no longer meet at ABC-CM "Vets' Quarters at 5:00 pm. New place, Mondays and Thursdays at 5:30 pm, at Abiding Savior Lutheran Church, in Fairview, 801 Charlotte Hwy (Route 74A).
- Leicester.** *Leicester Group* Wednesday and Saturday meetings' times will change from 8:00 pm to 7:00 pm starting **May 1**.
- Waynesville** *The Great Fact Group.* Sunday, 11:00 am. has moved to the Triangle Club at 65 Branner Ave (O, D)

Cancelled Meetings

- Fletcher.** *Fellowship Group,* 11:30 am. Calvary Episcopal Church (W, C, D)

A.A. GRAPEVINE.....

.....featurette

Getting and staying sober in prison can be tough, especially since many institutions don't have A.A. meetings. Each year at this time, we dedicate our issue to alcoholics in prisons and jails. This month, we feature hopeful stories from A.A.s who are currently incarcerated. Learn more about these stories and more.

The Chop Shop

Welcome to the inmates' "meeting after the meeting," where sobriety comes first
Related: The Sweet Smell of Freedom

Dr. Jekyll Mr. Hyde

A correctional officer who attended meetings for work, one day returns for himself

Related: Hope in the Mail

A Few Cloudy Days

With no AA in prison, one alcoholic tells how Grapevines and members' letters brighten his day
Related: Candy Man

A Clear Signal

After taking a man's life, her need to get sober became as transparent as a prison TV

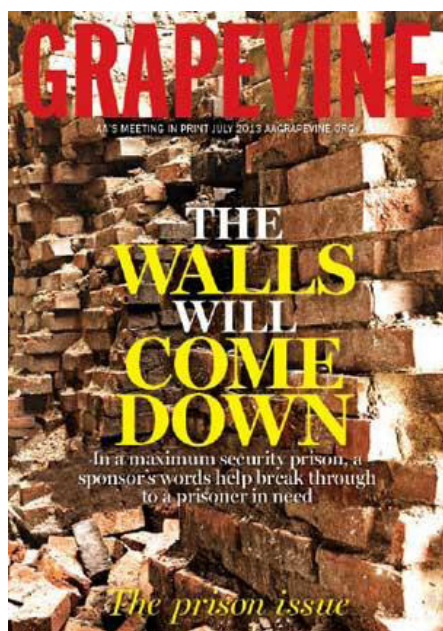
Out of the Hole

After more trouble in prison, he found the loneliness the Big Book speaks about

The Walls Will Come Down

In trying to break through and carry the message to Jake, he was able to free himself

These stories and more at www.aagrapevine.org



A.A. Events Calendar

Calendars and fliers of regional and national A.A. events is on the Events page of the Area 51 site, at www.aanorthcarolina.org.

Asheville NC. 10 am–5 pm, July 13. Service Rally. Trinity Episcopal Church, corner of Church & Aston Sts. [See flier](#) for schedule.

32nd Music City Roundup: "Sunlight of the Spirit". July 4–7. Speakers • Workshops • Al-Anon. For more info: www.musiccityroundup.com or contact Central Office to get a pdf or pick up a copy of the registration form / flier.

Raleigh, NC: North Carolina State Convention. July 18–21. [See the display ad](#), elsewhere in this newsletter, for more Area 51 events for 2013.

Hampton, VA: 18th Annual Southeast Regional Woman to Woman Seminar. August 23–25. \$35 registration fee. A.A. women, with Al-Anon participation. Program/hotel info at www.southeastwomentowomen.org or get copy/pdf of the flier from info@ncmco.net.

Hendersonville NC. Women's Twelve-Step Retreat. September 19–22. Speakers, seminars, meditation, art therapy, energy work sessions, hiking and nature walks. www.serenity-inthesmokies.com

San Diego, CA. 8th International Seniors in Sobriety. September 5–8, 2013. San Diego, Calif. To get the early bird hotel discount, register by July 5. Call (800) 772-8527. More info: sandiegoSIS2013@gmail.com or call (855) 713-2300 • www.aasis2013.org

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For a free subscription to
the digital Mountain Doin's,
[write info@ncmco.net](mailto:info@ncmco.net)



Subject line:
Subscribe Me



The District Express

NCMCO seeks phone volunteers for its Step 12 Call List. If you are good on the phone • have a helpful attitude and • are sober, 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 August newsletter deadline is July 15.

Central Office Representatives (CORs) meet at **Central Office** on the **second Tuesday of the first month of each quarter**, at 6:00 pm.

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, July 14**, 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 August 27**, 6:00 pm. Trinity Episcopal Church, 60 Church St, Asheville.

Events Committee Watch this space for more information as it becomes available from District 70.

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

District 71

DCM: Whitney B.: foothillscal@gmail.com

District contributions mail to: K. G. Stewart, 301 Forest Ave, Landrum SC 29356-9441

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

2013 Area 51 Events

66th North Carolina State Convention

July 18-21 Open to Anyone
Location: Hilton North Raleigh, 3415 Wake Forest Road (exit 10 off I-440 Beltline), Raleigh, NC 27609-7316

Summer 2013 Committee Meeting

August 24-25 for Area Committee Members
Location: Hilton North Raleigh, 3415 Wake Forest Road (exit 10 off I-440 Beltline) Raleigh, NC 27609-7316
Hotel reservations use Group Code AGS
Deadline: July 26
Local (919) 872-2323 Toll-Free (800) 445-8667

Fall 2013 Assembly & Committee Meeting

November 15-17 Open to All A.A. Members
Location: Hilton North Raleigh, 3415 Wake Forest Road (exit 10 off I-440 Beltline) Raleigh, NC 27609-7316
Local (919) 872-2323 Toll-Free (800) 445-8667



Click Any Link!

- A.A. events at the national, state, and district level.
- Your group's event flier goes out to over 200 subscribers.
- You get straight-to-the-source links to AA events: email, web sites, and conference pages.
- Click any email or URL in the digital edition—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**



2013 Regional Service Rally presented by District 70

July 13, 2013
10am to 5pm

Trinity Episcopal Church

60 Church St. • Asheville, NC

in the Undercroft Room (Traditional Group meets there)

Speakers and Panels Include

Corrections Committee
Panel & Speaker

Treatment Centers Committee
Panel & Speaker

Cooperation w/the Professional Community
Speaker

Agenda

- 10:00 Registration and Fellowship**
- 10:30 Corrections Committee Panel**
- 11:30 Short break**
- 11:40 CFC Speaker**
- 12:30 Lunch**
- 1:30 Treatment Committee Panel**
- 2:30 Short Break**
- 2:40 TCC Speaker**
- 3:30 Short Break**
- 3:40 CPC/PI Speaker**
- 4:30 Closing comments from DCM**