

# Mountain Down's

October  
2013

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



## OCTOBER ANNIVERSARIES

COR Meeting  
Thursday, October 10 6:00pm

### Acceptance Group

Michael B.	10/2/10	3 yrs
Joy G.	10/12/83	30 yrs
Ronan O'L.	10/17/08	5 yrs
Mike H.	10/19/09	4 yrs
Dan G.	10/23/83	30 yrs
Kim B.	10/23/11	2 yrs
Joan	10/26/10	3 yrs

### Asheville Big Book Step Study Group

Kager B.	10/2/12	1 yr
Joyce B.	10/11/78	35 yrs
Rosanne G.	10/15/05	8 yrs
Doré D'A.	10/15/76	37 yrs

### Asheville Women's Big Book Step Study

Linda K.	10/8/88	25 yrs
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### Candler KISS Group

Duke B.	10/1/11	2 yrs
Rick A.	10/10/11	2 yrs
Lori L.	10/18/08	5 yrs
Sally G.	10/19/10	3 yrs
Stan J.	10/20/10	3 yrs

### Conscious Contact

Watson	10/1986	27 yrs
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### Cumberland Group

Stephanie F.	10/10/07	6 yrs
Alec B.	10/15/07	6 yrs
Isara	10/28/99	14 yrs

### Grace Group

Mica W.	10/2/10	3 yrs
Linda C.	10/5/04	9 yrs
Gregg V.	10/8/92	21 yrs
Esaias J.	10/9/92	21 yrs
Robbin R.	10/10/84	29 yrs
Susan M.	10/10/01	12 yrs
Amber C.	10/11/10	3 yrs
Charles B.	10/18/02	11 yrs
Barbara W.	10/19/09	4 yrs
Justin B.	10/19/11	2 yrs
Michael F.	10/21/04	9 yrs
Dennis R.	10/25/08	5 yrs
Joan M.	10/25/10	3 yrs
Rich C.	10/25/12	1 yr
Erik P.	10/26/1009	4 yrs
Ronnie J.	10/31/85	28 Yrs

### Hendersonville Group

Stan S.	10/20/86	27 yrs
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### Leicester Group

Joshua R.	10/7/11	2 yrs
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### Mars Hill Group

Don B.	10/17/82	31 yrs
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### Phoenix Group/Black Mountain

Nita L.	10/10/87	26 yrs
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### Serenity Sisters - Waynesville

Marsha S.	10/5/75	38 yrs
Donna B.	10/11/12	1 yr
Linda McG.	10/17/76	37 yrs

### Traditional Group

Maurice	10/27/77	36 yrs
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### Women of Courage

Ceil	10/17	
Dianna	10/17	
Eileen	10/13	
Ali M	10/16	

### Women of Grace

Sylvia M.	10/1/07	6 yrs
Cathy C.	10/20/11	2 yrs
Lee R.	10/30/78	35 yrs

## SEPTEMBER ANNIVERSARIES

### Acceptance Group

Jennifer R.	9/1/07	6 yrs
Jeffery L.	9/10/12	1 yr
Jan	9/17/88	25 yrs
Kimberly M.	9/20/09	4 yrs
Gail R.	9/27/92	21 yrs
Charles M.	9/29/12	1 yr

### Around the Room Group

Jean S.	9/3/11	2 yrs
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### Asheville Big Book Step Study Group

Zach P.	9/10/12	1 yr
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### Candler KISS Group

David H.	9/9/85	28 yrs
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### Conscious Contact

Laurie T.	9/1984	29 yrs
Murri	9/1984	29 yrs
Nelson P.	9/1997	16 yrs
Bonnie	9/2011	2 yrs

### Cumberland Group

Bob R.	9/7/83	30 yrs
Tadd C.	9/14/87	26 yrs
Sean B.	9/24/08	5 yrs
Michael P.	9/27/08	5 yrs



### Mars Hill Group

Don B.	9/2/90	23 yrs
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Jeff G.	9/6/89	24 yrs
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### Serenity Sisters - Weaverville

Judy B.	9/1/09	4 yrs
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Liz B.	9/11/06	7 yrs
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Jean B.	9/27/12	1 yr
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### Women of Grace

Cleta S.	9/3/95	18 yrs
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Lauren L.	9/14/11	2 yrs
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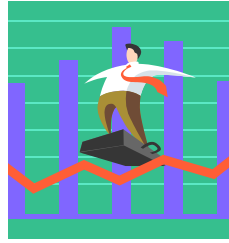
Ruthie C.	9/14/91	22 yrs
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Lou G.	9/30/03	10 yrs
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**Profit & Loss YTD Comparison  
Accrual Basis**

August 2013

	Aug 13	Jan - Aug 13
<b>Income</b>		
<b>Sales Income</b>		
Conf/GV Approved	1,313.56	12,071.24
Non-Conf/GV-approved	713.26	6,466.91
Handling & Shipping	16.50	168.34
<b>Total Sales Income</b>	<b>2,043.32</b>	<b>18,706.49</b>
<b>Other Income</b>		
Subscriptions	0.00	61.00
Miscellaneous	0.00	0.23
Interest Income	0.00	1.23
Group Contributions	1,484.97	16,841.83
Individual Contributions	101.29	188.79
<b>Total Other Income</b>	<b>1,586.26</b>	<b>17,093.08</b>
<b>Total Income</b>	<b>3,629.58</b>	<b>35,799.57</b>
<b>Cost of Goods Sold</b>		
Freight	78.92	421.98
Non Conf/GV Approved	799.06	5,115.49
Conf/GV Approved	1,162.39	10,641.51
5000 · Cost of Goods Sold	14.88	211.50
<b>Total COGS</b>	<b>2,055.25</b>	<b>16,390.48</b>
<b>Gross Profit</b>	<b>1,574.33</b>	<b>19,409.09</b>
<b>Expense</b>		
Office Equipment and Repairs	0.00	0.00
Accounting Services	0.00	159.43
Miscellaneous	972.03	973.57
Bank Service Charges	0.00	6.00
Copier Rental	541.34	1,808.16
Editor	120.00	960.00
Office Supplies	171.23	755.22
Payroll Expenses	0.00	7,555.08
Payroll Taxes	0.00	56.40
Postage	139.84	605.20
Rent	969.00	4,226.10
Sales Tax	30.28	100.43
Telephone		
Answering Service	492.58	2,109.53
Office Telephone	205.88	1,644.87
White Pages Listings	77.36	77.36
<b>Total Telephone</b>	<b>775.82</b>	<b>3,831.76</b>
<b>Total Expense</b>	<b>3,719.54</b>	<b>21,037.35</b>
<b>Net Income</b>	<b>-2,145.21</b>	<b>-1,628.26</b>



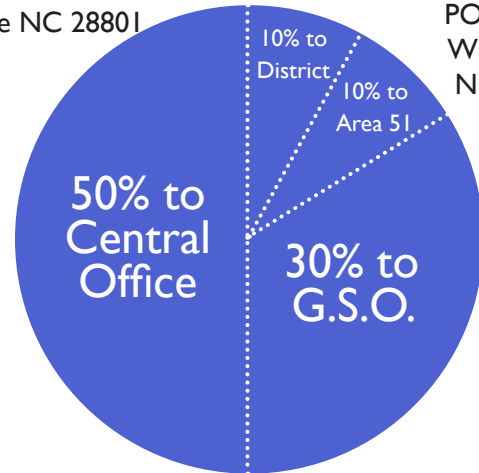
An Example of How Groups  
Might Contribute to the  
A.A. Service Structure\*

\*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**  
85 Mimosa Ln  
Franklin NC 28734

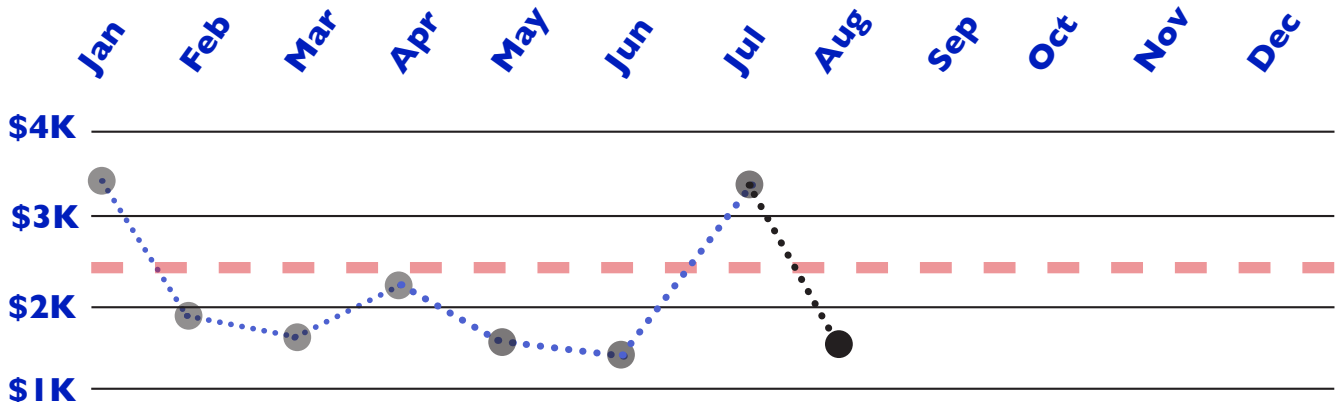
70 Woodfin Place  
Suite 206  
Asheville NC 28801

**Area 51 NCGSC  
Treasurer**  
PO Box 657  
Wilmington  
NC 28402



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

**Spot View**  
Group contributions for  
August were roughly \$1000  
less than expenses



## Group Contributions • August 2013 & YTD

	August	YTD		August	YTD
Acceptance Grp		\$968.80	New Freedom Grp		\$150.00
Anonymous	\$11.53	\$226.18	New Life Literature		\$25.00
Around the Room Grp	\$68.56	\$333.14	Pisgah Grp		\$155.33
Asheville Big Book Step Study Grp 637-843		\$122.40	Recovery by the River 674-892		\$207.18
Asheville Women's Big Book Step Study Grp		\$154.75	Roundtable Grp		\$100.00
Big Town Grp 671-200		\$115.96	Rule 62 Group	\$113.09	\$113.09
Black Mountain Grp 117-117		\$225.00	Sat. Morning Men's Meeting		\$40.00
Brevard Sylvan Valley		\$50.00	Second Chance Grp		\$20.95
Candler Kiss Grp 163-148	\$140.00	\$335.00	Serenity Group - Sylva		\$50.00
Cashiers Valley Grp 122-589		\$393.99	Serenity Seekers - Marion		\$35.00
Cedar Mountain Grp		\$100.00	Serenity Service 110-498	\$50.00	\$372.50
Columbus Grp		\$90.00	Skyland Meeting 693-372		\$60.00
Conscious Contact (Asheville)	\$427.00	\$1,927.00	Sunshine AA Grp	\$50.00	\$100.00
Cumberland Grp 122-472		\$300.00	Surrender Group - Black Mtn	\$133.00	\$133.00
Daily Decisions Grp 643-869		\$312.10	Sylvan Valley AA Grp		\$50.00
Day by Day Grp 159-058		\$1,269.29	The Principles Grp 127-575		\$59.00
District 71		\$300.00	Total Surrender Grp	\$300.00	\$480.00
Downtown Serenity		\$100.00	Tryon 12 & 12 690-877		\$26.00
Early Birds		\$155.45	Tryon Monday Grp		\$140.00
Fellowship Grp, Fletcher		\$150.00	Warren Wilson Grp		\$39.40
Fireside Grp		\$601.57	Waynesville Grace Grp		\$1,032.00
Fletcher Grp 110-465		\$368.00	We Think Not Grp		\$42.91
Good Livers Group		\$150.00	Women of Courage		\$154.63
Grace Grp of Asheville		\$1,799.49	Women of Grace		\$162.00
Grace of God Grp of Hendersonville		\$75.00	Young Peoples Grp 645-646		\$198.58
Hand-in-Hand Grp		\$100.00	4th Dimension		\$100.00
Happy Hour Grp		\$50.00	11-11-11 Grp		\$15.00
Hendersonville Grp		\$80.00	Total Group Contributions	\$1,484.97	\$16,824.83
Kanuga Grp	\$22.50	\$135.00	Individual Contributions		
Lambda Grp 617-035	\$81.54	\$194.45	Anonymous	\$91.29	\$125.79
Leicester Grp 143-417		\$100.00	In Memory of B.G.	\$10.00	\$80.00
Library Grp		\$72.50	Total Individual Contributions:	\$91.29	\$205.79
Mars Hill Group		\$100.00	Grand Total	\$1,576.26	\$17,030.62
Marshall Group		\$95.00			
Mid Day Grp		\$281.07			
Mill Spring Grp 656-821		\$32.00			
Monday Night Open Meeting	\$87.75	\$446.80			
Mountain View (Highlands)		\$443.32			
Murphy Big Book Grp		\$10.00			

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### Central Office Cash on Hand

Money Market (Prudent Reserve)	\$7018.81
Operating Account (Checking)	\$2127.88
Rent Deposit	\$400.00
Petty Cash	\$150.00

## North Carolina Mountain Central Office News

### Call & Visitor Log August 2013

AA Crisis 2  
General Info 17  
Family Help 1  
Meeting Info 40  
Central Office Business 66  
Medical/Detox 0  
Visitors 89  
Answer Svc (Operator-Asst) 64

### Meeting Updates Districts 70, 71, 80

#### New Meetings

- Asheville.** *Dry Dock Group.* Tuesday 5:00 pm, ABCCM "Vets Restoration Quarters," 1329 Tunnel Rd, next to Zaxby's (M, O, SP/D)
- Asheville.** *BYOC - Bring Your Own Coffee.* Wednesday 8:15-9:00 am, The Relationship Center, 70 Woodfin Place, Park Place Bldg. 1st floor (W,C,D)
- Asheville.** *The Original Way Group.* Wednesday 6:00-7:05 pm, Calvary Baptist Church, 531 Haywood Rd, West Asheville (BB Step Practice, BYOB - Bring Your Own Book)
- Marion.** *Back to Basics.* Tuesday 8:00pm, St. John's Parish House, South Main St (O, D)
- Marion.** *As Bill Sees It,* Monday 8:00 pm, St. Matthews Lutheran Church, 307 West Court St (O, D)
- Sylva.** *Brown Bag Group,* Wednesday Noon, Love's Chapel U.M. Church, 41 Lovedale Rd (O, D)

#### Meeting Changes

- Asheville/Swannanoa.** *Moment of Clarity.* Tuesday now meets at 7:00 pm (was 6:00 pm), Warren Wilson College, 701 Warren Wilson Rd, 1st WWC entrance on left for chapel, around back to Lower Fellowship Hall (O, D)
- Asheville.** *Total Surrender.* Saturday 8:30 am, New Hope Presbyterian Church, 3070 Sweeten Creek Rd. Changed from an open women's discussion (W, O, D) to closed (W, C, D)
- Tryon.** *Tryon Meeting.* Tuesday 8:00 pm, the last Tuesday of the month is at White Oak Manor, 70 Oak St.
- Waynesville.** *Waynesville Triangle Club* has moved to new location: 142 Miller St.

#### Cancelled Meetings

- Black Mountain.** *Daily Reflections* Tuesday 7:30 am  
**Lake Toxaway.** Monday and Thursday 8:00 pm

### Central Office Reps (CORs) meet 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, Oct 10.

### Board Position Openings

**Treasurer:** From the By-Laws: Has charge and custody of all funds of Central Office; is responsible for the accuracy of all financial records of Central Office; creates receipts and makes disbursements as approved by the Central Office's various committees; arranges for preparation and filing of all required tax returns; prepares an annual financial report and monthly financial report; presents it to the Central Office Board and CORs. At least five years' continuous sobriety at the time of taking office.

**2014-2015 Alternate Chair:** From the By-Laws: Shall perform the duties of the Chairman when requested by the Chairman or in the case of his absence or inability to act; shall perform other duties as occasionally assigned; shall have at least five years' continuous sobriety at the time of taking office.

**2014-2015 Chair:** From the By-Laws: Shall preside at Central Office Board and COR Committee meetings; shall see that all decisions of the Committees are acted upon.; pursuant to specific authority given on occasion by the Committees may sign, and deliver contracts and other documents in the name of North Carolina Mountain Central Office Inc.; with the recommendation and approval of the Central Office Board, shall call for eligible people to stand for positions and appoint chairpersons of standing and special subcommittees; shall break tie votes of the Central Office Representatives and Central Office Board votes; shall perform all duties incident to the office of Chairman and other duties that may occasionally be assigned by the Committees.; shall have five years' continuous sobriety at the time of taking office.

### Board Roster - Voting Members

Chair - Suzanne T.

Alternate Chair - George D.

Treasurer - open now!

Secretary - Nathalie M.

District 70 Trustee - Danny S.

District 71 Trustee - Gene S.

District 81 - Doug V.



### Board Roster - Nonvoting Members

Office Manager - Pam C.

Step 12 Call List Coordinator - Gene S.

Newsletter Editor - Suzanne T.





# A.A. GRAPEVINE.....

## featurette

When we first come into AA, we hear things like, “We thought we could find an easier, softer way. But we could not,” or “let go absolutely,” or “... God. May you find Him now!” However, we’re also told, “Don’t be discouraged.” In this month’s special section, we feature stories for day counters to hopefully help them grab onto this life-saving program.” *Grapevine website*

### Special Section: Counting Days

**My Parachute** How the *Living Sober* book helped this day counter make a safe, sober landing

**Cruising for a Boozing A** very nervous day counter learns quickly how to sail straight on the high seas

*Related: Feelings Aren't Facts??*

**A Song in My Heart** Hearing “How It Works” when she was new was music for her soul  
*Related: 23 Days*

**Obstacle Course** Watch out for alcohol! Food can be tricky for the newly sober member  
*Related: My Plan for the Day*

**The Laughingstock of Queens** It’s bad enough he’s in AA—what a loser. Now he has to set up chairs?

**Go Shake His Hand** As soon as he got on his feet, Jack taught him how to reach out  
*Related: Grab a Mop!*

**Reconnected** So he didn’t have a blown fuse after all. He just had to plug back in

And, in every issue:

- Dear Grapevine
- AA News
- Alcoholism at Large
- At Wit’s End

You can buy single copies of the October 2013  
*Grapevine* and *La Viña* at Central Office

### 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](mailto:info@ncmco.net)

Subject line: **Subscribe Me**

### From AA.org: [FAQ About A.A. Web Sites](#)

**Q.** What A.A. information is suitable for a web site?

**A.** [T]he group conscience will determine the contents. Copyright restrictions apply to material displayed on the web site - just as copyrights protect A.A. literature. Permission must be obtained from G.S.O. prior to including A.A.W.S. material on your web site. However, web sites created by A.A. areas, districts and central/intergroup offices are permitted to quote a phrase, sentence or brief paragraph excerpted from A.A. literature—such as the Big Book (Alcoholics Anonymous), Twelve Steps and Twelve Traditions, The A.A. Service Manual, and Conference-approved pamphlets—without a prior, written request to do so. When this occurs, the proper credit line should be included to ensure that the copyrights of A.A. literature are protected. After a quotation from a book or pamphlet, the credit line should read: “Reprinted from (name of publication, page number), with permission of A.A. World Services, Inc.”

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## The District Express

**Step 12!** Phone volunteers needed for the 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 write [info@ncmco.net](mailto:info@ncmco.net)

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

**Central Office Representatives (CORs)** meet at Central Office on the **second Thursday of the first month of each quarter**, at 6:00pm (Oct 10).

### 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 13**, 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](http://ashevilleaa.org), or Brad S., BTG Chair or Janey K., Co-Coordinator, at **new number** (828) 581-9022; **new email** [bridgingthegap.asheville@gmail.com](mailto:bridgingthegap.asheville@gmail.com). 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 October 29**, 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](mailto:foothillscal@gmail.com)

**Alt DCM:** David L.: [david.lanik@gmail.com](mailto:david.lanik@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](http://www.aawnc80.org)

Groups, mail your **district contributions** to: Treasurer, 85 Mimosa Lane, Franklin NC 28734

## 2013 Area 51 Events

*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

*Winter 2014 Assembly & Committee Meeting*

**February 28-March 1, 2014** for

Area Committee Members

**Location:** Hilton North Raleigh, 3415

Wake Forest Road (exit 10 off the I-440

Beltline) Raleigh, NC 27609-7316

Local (919) 872-2323 Toll-Free (800) 445-8667

## A.A. Events

*Calendars and fliers of regional and national A.A. events may be found on the Events page of the Area 51 site, at [www.aanorthcarolina.org](http://www.aanorthcarolina.org).*

**October 3-6.** NCCYPAA XVII. Hilton North Raleigh, 3415 Wake Forest Rd, Raleigh NC. Pre-registration \$20 (after 9/3 \$25). Hotel discount "Group Code": YPA. [www.nccypaa.org](http://www.nccypaa.org)

**October 18-20.** 1st SMAACC Southern Motorcyclists in A.A. Camping Convention. Fall Creek Falls State Park, Pikeville TN. Pre-registration \$35 (after 8/31 \$40). Registration fee includes camping in a cabin. [www.smaacc.org](http://www.smaacc.org)

**October 25-27.** Colorama 2013. Lake Junaluska NC. Registration \$30 October 10 deadline. Meetings, golf, dinners; with Al-Anon participation. [www.coloramafall.com](http://www.coloramafall.com)

**November 28-December 1.** 47th Annual Las Vegas Roundup. Riviera Hotel & Casino. Marathon meetings, golf, banquets, dancing, walk/run; with Al-Anon participation. [www.lasvegasroundup.org](http://www.lasvegasroundup.org)

**February 6-9.** 50th International Women's Conference. Honolulu, Oahu, HI. Pre-registration \$35; increases after January 10. Meetings, tours [www.internationalwomensconference.org](http://www.internationalwomensconference.org)

*Contact Central Office for copies of these fliers! Write [info@ncmco.net](mailto:info@ncmco.net) for pdf registration form.*

# 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



Connects “new man” with a sober A.A.



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



Ships literature or other supplies to anyone who requests it