

Mountain Down's

November
2013

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



NOVEMBER ANNIVERSARIES

Office Hours
Mon-Fri 10:00am-6:00pm

Acceptance Group

Bethany A. 11/27/12 1 yr
Phyllis N. 11/29/89 24 yrs

Around the Room Group

Clifford C. 11/7/11 2 yrs
Wayne D. 11/9/70 43 yrs
Perry H. 11/25/80 33 yrs

AVL Big Book Step Study

Amanda H. 11/6/11 2 yrs

AVL Women's BB Step Study

Diana C. 11/24/11 2 yrs

Brevard Serenity Group

Judy R. 11/1/97 16 yrs
Cathy B. 11/4/05 8 yrs

Conscious Contact

Cece 11/2012 1 yr
Jack G. 11/2011 2 yrs
Jennifer V. 11/2004 9 yrs
Steven M. 11/1994 19 yrs
Debbie 11/1992 21 yrs
Belinda 11/1988 25 yrs
Kay G. 11/1984 29 yrs

Cumberland Group

Cecile C. 11/3/03 10 yrs
Charles H. 11/5/91 22 yrs
John K. 11/23/09 4 yrs
Joshua Mc. 11/28/08 5 yrs
Bill G. 11/30/83 30 yrs

Grace Group

Jane M. 11/6/99 14 yrs
Doug I. 11/8/94 19 yrs
Sandy B. 11/9/11 2 yrs
Joe S. 11/10/10 3 yrs
Dorothy E. 11/14/83 30 yrs
Thom W. 11/16/89 24 yrs
Diana C. 11/23/12 1 yr
Chuck E. 11/25/11 2 yrs

Happy Hour Group

Brenda S. 11/13/04 9 yrs
Rob L. 11/19/08 5 yrs

Hendersonville Group

Jerry B. 11/9/88 25 yrs
Ed S. 11/9/90 23 yrs
Bill S. 11/16/11 2 yrs
Rob L. 11/19/08 5 yrs
David L. 11/28/08 5 yrs

Mars Hill Group

Tony V. 11/14/74 39 yrs

Safe and Sound Group

Deatra B. 11/1/11 2 yrs
Katie B. 11/20/11 2 yrs
Laura B. 11/24/92 21 yrs

Serenity Service Group

Abdoul T. 11/6/02 11 yrs

Serenity Sisters - Waynesville

Paulette C. 11/1/08 5 yrs
Terry M. 11/5/97 16 yrs
Rocky W. 11/21/81 32 yrs

Traditional Group

Takiya J. 11/1/08 5 yrs
Michael W. 11/6/09 4 yrs
Jim M. 11/7/12 1 yr
Jim G. 11/8/98 15 yrs
Vincent H. 11/10/12 1 yr

Women of Grace

Sara Y. 11/13/09 4 yrs

Attention CORs! Board
Elections will be held
Thursday Nov 14 6pm Check
the Central Office News
(inside) for more info

2nd Annual
Hallowe'en
Costume Bash
Sat., Oct 26
8-11pm
20 Oak St AVL
\$3 suggested
door donation



NCMCO Financial Summary for 9/30/2013 (Month-to-Date)

Income

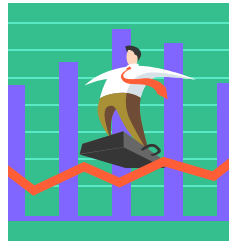
Sales	\$1,669.47
Group Contributions	\$1,534.66
Indiv. Contributions	\$15.85
Income Total	\$3,204.13

Inventory on Hand (Cost) \$4,849.12

Expenses Copier	\$164.78
Payroll	\$1,215.00
Editor	\$120.00
Rent	\$462.00
Telephone	\$304.78
Expense Total	\$2,266.56

Checking Account Balance (9/30) \$860.36

Money Market Account Balance \$7,018.98

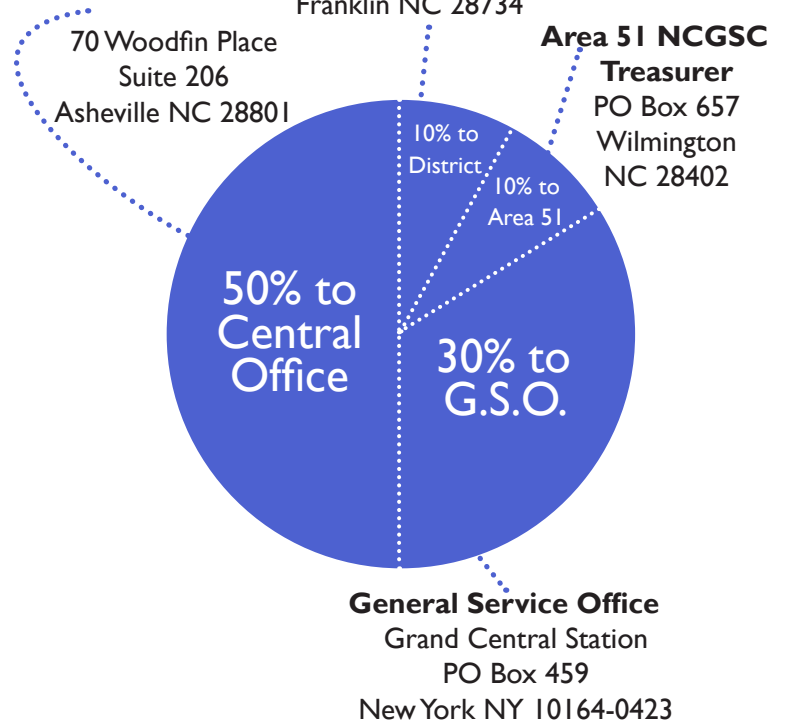


An Example of How Groups Might Contribute to the A.A. Service Structure*

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

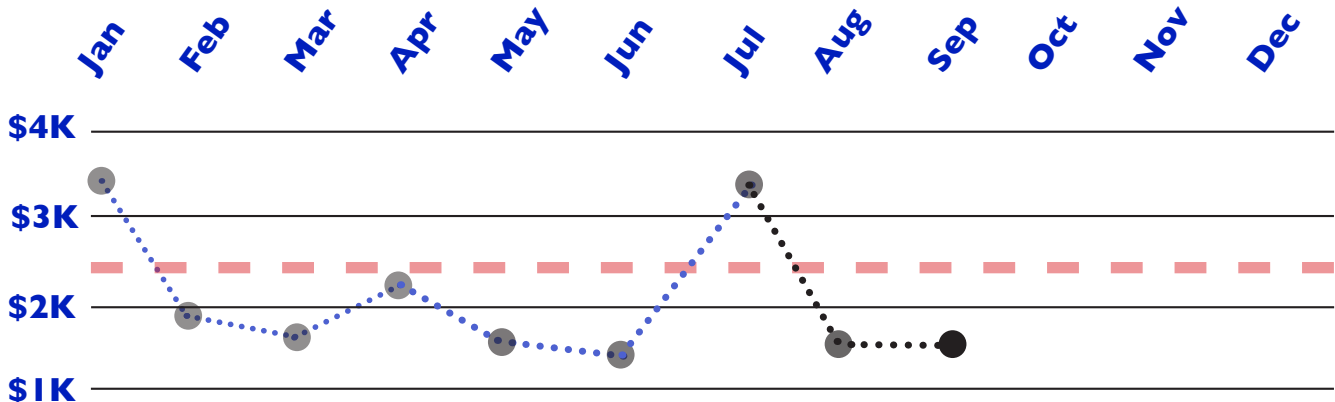
- **District 70 Treasurer**
PO Box 8574
Asheville NC 28814-8574
- **District 71 Treasurer**
K.G. Stewart
301 Forest Ave
Landrum SC 29356-9441
- **District 80 Treasurer**
85 Mimosa Ln
Franklin NC 28734

Note: The Central Office is undertaking a big project to correct its QuickBooks accounts. A more detail Profit & Loss Report will be published when it becomes available. We currently have payments due from several groups for literature; these total more than \$900. If your group has a balance due, kindly submit payment as soon as possible. —Mike M., Treasurer



Spot View
Group contributions for September were \$1000 less than total expenses

2013 Financial Security Snapshot



Group Contribution\$ • September 2013 & YTD

	Sept'13	YTD		Sept'13	YTD
Acceptance Grp		\$968.80	New Life Literature		\$25.00
Anonymous		\$243.18	Pisgah Grp		\$155.33
Around the Room Grp		\$333.14	Plan B Group 670-567	\$100.00	\$100.00
AVL Big Book Step Study Grp		\$191.65	Recovery by the River	\$254.45	\$461.63
AVL Women's BB Step Study		\$85.50	Roundtable Grp		\$100.00
Back to Basics - Marion	\$0.41	\$0.41	Rule 62 Group		\$113.09
Big Town Grp 671-200	\$127.07	\$243.03	Sat. Morning Men's Meeting		\$40.00
Black Mountain Grp	\$57.17	\$282.17	Second Chance Grp		\$20.95
Brevard Sylvan Valley		\$50.00	Serenity Group - Sylva		\$50.00
Candler Kiss Grp 163-148		\$335.00	Serenity Seekers - Marion	\$3.10	\$38.10
Cashiers Valley Grp 122-589		\$393.99	Serenity Service 110-498	\$50.00	\$422.50
Cedar Mountain Grp		\$100.00	Skyland Meeting 693-372	\$87.50	\$147.50
Columbus Grp		\$90.00	Sunshine AA Grp		\$100.00
Conscious Contact (Asheville)		\$1,927.00	Surrender Group - Blk Mtn		\$133.00
Cumberland Grp 122-472		\$300.00	Sylvan Valley AA Grp	\$50.00	\$100.00
Daily Decisions Grp	\$270.00	\$582.10	The Principles Grp 127-575		\$59.00
Day by Day Grp 159-058		\$1,269.29	Total Surrender Grp		\$480.00
District 71		\$300.00	Tryon 12 & 12 690-877		\$26.00
Downtown Serenity		\$100.00	Tryon Monday Grp	\$75.00	\$215.00
Early Birds		\$155.45	Warren Wilson Grp		\$39.40
Fellowship Grp, Fletcher		\$150.00	Waynesville Grace Grp 110-692		\$1,032.00
Fireside Grp		\$601.57	We Think Not Grp		\$42.91
Fletcher Grp 110-465		\$368.00	West Asheville Group	\$40.00	\$40.00
Good Livers Group		\$150.00	Women of Courage		\$154.63
Grace Grp - AVL	\$0.10	\$1,799.59	Women of Grace		\$162.00
Grace of God Grp - HVL		\$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 Grp Contributions	\$1,534.66	\$18,376.49
Joy of Living 629-397	\$50.00	\$50.00	<i>Individual Contributions</i>		
Kanuga Grp	\$22.50	\$157.50	Anonymous	\$5.85	\$114.64
Lambda Grp 617-035		\$194.45	In Memory of B.G.	\$10.00	\$90.00
Leicester Grp 143-417	\$50.00	\$150.00	Total Ind Contributions	\$15.85	\$204.64
Library Grp		\$72.50	Grand Total	\$1,550.51	\$18,581.13
Marion AA Group 110-621	\$2.00	\$2.00		
Mars Hill Group		\$100.00	Central Office		
Marshall Group		\$95.00	Cash on Hand		
Mid Day Grp - HVL	\$295.36	\$576.43	Money Market (Prudent Reserve)		\$7018.98
Mill Spring Grp 656-821		\$32.00	Operating Account (Checking)		\$1839.75
Monday Night Open Meeting		\$446.80	Rent Deposit		\$400.00
Mountain View (Highlands)		\$443.32	Petty Cash		\$150.00
Murphy Big Book Grp		\$10.00			
New Freedom Grp		\$150.00			

North Carolina Mountain Central Office News

An Excerpt from the
NCMCO By-Laws/Composition,
Scope and Procedures (2009)

Attention All Groups & CORs

The next COR meeting will be held at 6:00 pm on Thursday, January 9: 70 Woodfin Pl, Ste 210 (in the Park Place Bldg., just off Charlotte St at the I-240 interchange).

New Board Officer

Treasurer: The board and CORs elected a new treasurer at the October meeting. His name is Mike M., and he has years of service at the group and district (70) level. He's been putting in the hours to get acquainted with the Office's finances. Welcome, Mike!

Send Your A.A. Service Résumés...

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 - Mike M. • Secretary - Nathalie M. •
District 70 Trustee - Danny S. •
District 71 Trustee - Gene S. • District 81 - Doug V.

Nonvoting Members

Office Manager - Pam C. • Step 12 Call List Coordinator - Gene S. • Newsletter Editor - Suzanne T.

Terms of Office

In case of the resignation or other disqualification of an officer, the Central Office Board may elect a replacement. The replacement member shall be subject to *disapproval* by the COR Committee [i.e., the assembled CORs—ed.], who may *reject* the replacement by a two-thirds (2/3) majority. In case of such a rejection, the office becomes fully vacant, and any qualified COR or other eligible person may stand for election.



Singleness of Purpose

“Singleness of purpose” is essential to the effective treatment of alcoholism. The reason for such exaggerated focus is to overcome denial. The denial associated with alcoholism is cunning, baffling, and powerful and affects the patient, helper, and the community. Unless alcoholism is kept relentlessly in the foreground, other issues will usurp everybody's attention.

xxx

...Speaking on “A.A.'s Singleness of Purpose in a Multifaceted Environment,” trustee chair Elaine McDowell said that “it is commonly believed by many professionals that ‘a drug is a drug’ and, therefore, regardless of the substance used, clients will benefit from attending A.A. meetings. This thinking is often carried over into practice by referrals to A.A. of individuals who suffer from problems other than alcoholism.” She explained that A.A.'s singleness of purpose was spelled out by co-founder Bill W., who in the February 1958 issue of the A.A. Grapevine wrote, “Sobriety— freedom from alcohol— through the teaching and practice of the Twelve Steps, is the sole purpose of an A.A. group. Groups have repeatedly tried other activities, and they have always failed.

It has also been learned that there is no possible way to make nonalcoholics into A.A. members. We have to confine our A.A. groups to a single purpose. If we don't stick to these principles, we shall almost certainly collapse. And if we collapse, we cannot help anyone.”

—George E. Vaillant, M. D., Class A (nonalcoholic) trustee, A.A. General Service Board, [About AA, A Newsletter for Professionals, 2002](#)

A.A. GRAPEVINE *featurette*

Each November, *Grapevine* features stories of experience, strength and hope from the *Grapevine* Story Archive. If you haven't looked through that wonderful, deep well of stories, which dates back to 1944 and includes many of Bill W.'s essays, please visit www.aagrapevine.org. This month it features special selections from the new book, *No Matter What*, about how members get through tough situations in sobriety.

Special Section: No Matter What. Getting through adversity in sobriety

The Woman in the Mirror Broke, pregnant and newly single, a young mother leans on AA and makes it through a tough first year

Fire in the Holler The share that will give us solace may be just around the bend

Gruff Love

An Inner Truth Wife or no wife, legs or no legs, a Marine discovers that AA works when you get honest

How the Universe Works The world will spin, but he just doesn't drink...www.grapevine.org.

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**




Meeting Updates Districts 70, 71, 80 New Meetings

Asheville. *Dry Dock Group - Asheville.* Tuesday 5:00pm, ABCCM "Vets Restoration Quarters," 1329 Tunnel Rd, next to Zaxby's (M,O,SP/D)

Asheville. *BYOC-Bring Your Own Coffee.* Wednesday 8:15-9:00am, The Relationship Center, 70 Woodfin Place, Park Place Bldg. 1st floor (W,C,D)

Asheville. *The Original Way Group.* Wednesday 6:00-7:05pm, Calvary Baptist Church, 531 Haywood Rd, West Asheville (BB Step Practice, BYOB)

Asheville. *Downtown Serenity.* Wednesday 5:30pm, 297 Haywood St campus of Central United Methodist Church (O,AB)

Asheville. *Men's BBSS.* Thursday 6:30pm, First Presbyterian Church, 40 Church St (M,C,BBSS)

Asheville. *Rule 62 Group.* Friday 7:00pm, Trinity United Methodist Church, 587 Haywood Rd (O,D)

Asheville/Swannanoa. *Moment of Clarity.* Saturday 7:00pm, Warren Wilson College, 701 Warren Wilson Rd, 1st WWC entrance on left for chapel, around back to Lower Fellowship Hall (C,BB)

Candler. *S.O.B.E.R.* Tuesday 8:00pm, Oak Hill United Methodist Church, 277 Oak Hill Rd (O,D)

Marion. *Back to Basics.* Tuesday 8:00pm, St. John's Parish House, South Main St (O,D)

Meeting Changes

Asheville/Swannanoa. *Moment of Clarity.* Tuesday now meets at 7:00pm (was 6:00pm), Warren Wilson College, 701 Warren Wilson Rd, 1st WWC entrance on left for chapel, around back to Lower Fellowship Hall (O,D)

Fletcher. *New Beginnings.* Saturday. Starting Nov. 2 meets at 10:30am (was 10:00am) United Methodist Church, 50 Liberty Rd (W,C,D)

Tryon. *Tryon Meeting.* Tuesday 8:00pm; *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

Burnsville. *Burnsville Group.* Thursday 5:30pm

Correction

Asheville. *Total Surrender.* Saturday 8:30am, New Hope Presbyterian Church, 3070 Sweeten Creek Rd. was changed last month to "Closed." (W,C,D) That was incorrect; it is still "Open." (W,O,D)



Call & Visitor Log September 2010

Crisis 0 • General Info 6 • Family Help 4

Meeting Info 28 • Central Office Business 35

Medical/Detox 0 • Visitors 80

Answer Svc (Operator-Asst) 48

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

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

Central Office Representatives (CORs) meet at Central Office on the **second Thursday of the first month of the quarter**, at 6:00pm (Jan 9).

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, November 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, or Jacob L., BTG Chair or Janey K., Co-Coordinator, at **new number** (828) 581-9022; **new email** 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 December 31**, 6:00 pm, Trinity Episcopal Church, 60 Church St, Asheville.

Archivist Amber M. has resigned; the position is open. Attend the next district meeting to stand for it.

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

District 71

DCM: Whitney B.: foothillscal@gmail.com

Alt DCM: David L.: 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
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.

November 16. Haywood County AA Gratitude Dinner (speaker at 7pm, following the meal). Turkey and beverages provided; bring a dish to share. Door prize, sobriety countdown, 50/50 drawing. Open AA meeting; family welcome. Co-hosted by the Maple Grove/Maggie Valley Groups.

November 14-17. 20th Annual Native American AA Convention. Cherokee NC. Sunrise speakers, Sobriety Powwow, money drum, raffles; some meals included. Pre-reg \$45 by October 19. See flier insert or visit www.indiansinsobriety.org.

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

February 6-9. 50th International Women's Conference. Honolulu, Oahu, HI. Pre-registration \$35; increases after January 10. Meetings, tours www.internationalwomensconference.org

*Contact Central Office for copies of these fliers!
Ask info@ncmco.net for pdf registration forms.*



**20th Annual
Native American
AA Convention
Cherokee, NC**



**November
14th thru 17th, 2013**

Events and Happenings:

Sobriety Speakers Service	Sunrise
Talking circles	Money Drum
Marathon meetings	New Corners
Sobriety powwow	T-shirts
Sobriety Countdown 10/19	Raffles

Registration:

Registration will begin at 12:00 (Noon)
on November 14th, 2013
Registration Fee if the dues will be \$80/person
Pre-Registration Fee \$40/person
Both must be on 1/2013
Deadline for early registration is October 21, 2013
Fees include:
Soup & sandwich's on Thursday evening
Breakfast, Lunch and Dinner
on Friday and Saturday.

Volunteers are needed and appreciated!

Visit our website:

www.indiantribeforum.org

Contact person: Judy at 828-736-7144
judyyoung@tds.com

May the Creator bless your journey
We look forward to seeing you!

Location:

New Expo Center
Formerly old high school
100 Account Road, Cherokee, NC

(Address can be used with GPS.)

Motels within walking distance

Magnesian Great Smokies Inn	828-497-2020
Chestnut Tree Inn	828-497-9381
Raymond Inn	828-497-2102
Cherokee Lodge	828-497-2226

Lodging separate from registration fee.
Please call and make your own reservation.

Personal checks, Money Orders or Cashier Checks should be made out and mailed with form to:

NAAAC
Jason Taylor, Treasurer
PO Box 548 Cherokee, NC 28719

There will be a charge of \$21.00 for all returned checks.

Name(s): _____

Address: _____

Email(s): _____

Phone #(s): _____ # of Adults: _____ # of Children: _____

Amount Enclosed: \$ _____