

# Mountain Doings

February  
2015

(828) 254-8539

Office Hours  
Mon-Fri 10:00am-1:00pm

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

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

## Anniversaries

### Acceptance Group

Pete M. 2-05-2014 1 yr  
Alan C. 2-06-2013 2 yrs  
Christy G. 2-22-2014 1 yr

### AVL Big Book Step Study Grp

Bill D. 2-25-1999 16 yrs

### AVL Women's BBSS Group

Roseann N. 2-03-2010 5 yrs  
Keldwyn T. 2-16-1986 29 yrs

### At Wit's End Group

Travis R. 2-12-2013 2 yrs

### Black Mountain Group

Kathleen K. 2-12-2012 3 yrs  
Alex M. 2-18-2011 4 yrs  
Jeff W. 2-17-1989 26 yrs

### Brevard Serenity Grp

Mark C. 2-02-2014 1 yr  
Mariano R. 2-08-2007 8 yrs  
Andy G. 2-21-2004 11 yrs

### Candler K.I.S.S. Group

Carol M. 2-12-1984 31 yrs  
Shari C. 2-14-2014 1 yr  
Chip C. 2-20-1986 29 yrs  
Zac W. 2-22-2011 4 yrs

### Conscious Contact

Marty M. 2-1954 61 yrs  
Will 2-1983 32 yrs  
Marsha P. 2-2987 28 yrs  
Nancy K. 2-1992 23 yrs  
Rowan 2-1992 23 yrs  
Kathie 2-1994 21 yrs  
Kathy G. 2-2007 8 yrs

### Cumberland Group

Dan P. 2-09-1998 17 yrs

### Fellowship Group

Barry B. 2-01-2001 14 yrs  
Marsha P. 2-14-1987 28 yrs  
Mary S. 2-18-2012 3 yrs

### Grace Group

Geoff S. 2-06-2008 7 yrs  
Meghan J. 2-06-1988 27 yrs  
Karen D. 2-10-2009 6 yrs  
Mary B. 2-10-1981 34 yrs  
Kathy G. 2-11-2007 8 yrs  
Jerry T. 2-15-2011 4 yrs  
Sabra R. 2-15-2008 7 yrs  
Susan D. 2-15-1986 29 yrs  
Lewis C. 2-21-2009 6 yrs  
Margery K. 2-22-2004 11 yrs  
AJ H. 2-23-2014 1 yr  
Josh H. 2-23-1999 16 yrs  
Ashley G. 2-24-2010 5 yrs

### Happy Hour Group

Bobbie P. 2-03-1986 29 yrs  
Kent S. 2-07-2009 6 yrs  
Marilyn R. 2-07-2014 1 yr  
Chris F. 2-26-2013 2 yrs

### Mars Hill Group

Brian D. 2-01-2006 9 yrs  
Mike P. 2-01-2009 6 yrs  
Mike W. 2-24-2006 9 yrs  
Dick Mc. 2-25-1980 35 yrs  
John W. 2-28-1986 29 yrs

### Midday Group

Lea H. 2-01-2014 1 yrs  
Alice G. 2-11-2007 8 yrs  
Anne Y. 2-14-2001 14 yrs  
Craig G. 2-14-2013 2 yrs  
Dean D. 2-14-1994 21 yrs  
Barbara M. 2-22-2012 3 yrs

### Safe & Sound Group

Kelly D. 2-16-2013 2 yrs  
Amy R. 2-23-2004 11 yrs

### Serenity Seekers - Marion

Zee C. 2-14-2011 4 yrs  
Ben F. 2-16-1986 29 yrs  
Suzie L. 2-28-2009 6 yrs

### Serenity Sisters Waynesville

Elise C. 2-02-2004 11 yrs  
Carolyn P. 2-06-1988 27 yrs

### Sisters in Sobriety - Cherokee

Leslie H. 2-21-1997 18 yrs

### Women of Grace

Angela 2-01-2006 9 yrs  
Camille C. 2-01-1983 32 yrs  
Meryl L. 2-19-2010 5 yrs  
Crystal G. 2-26-2013 2 yrs  
Suzie L. 2-28-2009 6 yrs

New members in your group? Send your list with anniversary dates, so we can celebrate with them!

(contact info is at the top of this page)

# North Carolina Mountain Central Office December 2014/YTD P&L - Accrual Basis



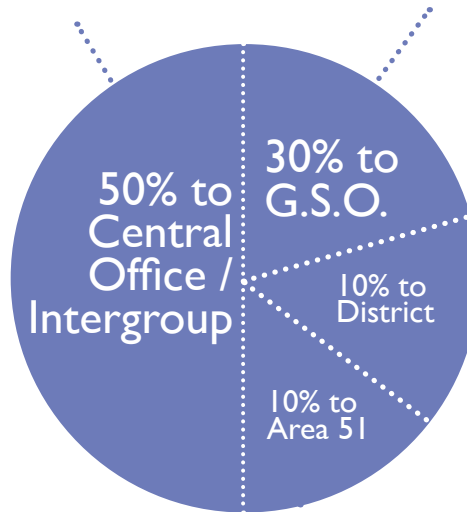
## Suggestions for Group Donations to the A.A. Service Structure\*

\* from the pamphlet [Self-Support: Where Money & Spirituality Mix](#). Recommendations for other percentages are also in the pamphlet.

**NCMCO**  
70 Woodfin Pl  
Ste 206  
Asheville NC 28801

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

Ordinary Income/Expense		
<b>Income</b>		
Bank Service Charge repayment	0.00	7.00
<b>Contributions</b>		
Group Contributions	1,863.05	26,817.20
Individual Contributions	598.32	950.98
Subscriptions	36.00	90.00
<b>Total Contributions</b>	<b>2,497.37</b>	<b>27,858.18</b>
Interest on Money Market	0.60	7.06
<b>Sales Income</b>		
Literature & merchandise	3,014.65	30,331.17
Shipping	38.91	417.24
<b>Total Sales Income</b>	<b>3,053.56</b>	<b>30,748.41</b>
<b>Total Income</b>	<b>5,551.53</b>	<b>58,620.65</b>
<b>Cost of Goods Sold</b>		
<b>Cost of Goods</b>		
Discount	-14.04	-107.38
Freight	28.25	649.11
Literature & merchandise	2,548.73	23,693.44
Cost of Goods - Other	7.12	7.12
<b>Total Cost of Goods</b>	<b>2,570.06</b>	<b>24,242.29</b>
<b>Total COGS</b>	<b>2,570.06</b>	<b>24,242.29</b>
<b>Gross Profit</b>	<b>2,981.47</b>	<b>34,378.36</b>
<b>Expense</b>		
Bank Service Charges	0.00	36.80
Buncombe Co Prop. Tax 2014	0.00	41.48
Copier Rental	152.72	1,951.61
Editor	120.00	1,440.00
Fees - Accounting Consultants	0.00	157.50
Insurance Expense	0.00	526.72
Office Assistance	0.00	141.75
Office Expense	0.00	25.00
Office Supplies	0.00	599.56
Payroll Expenses	940.57	13,244.01
Reconciliation Discrepancies	0.00	0.25
Rent	485.00	5,778.00
Sales Tax Paid to Vendors	10.70	172.59
Shipping to Groups	38.91	422.58
Stamps/Postage	63.07	870.75
<b>Telephone &amp; Internet</b>		
Answering Service	90.00	1,915.33
Foreign Directory Listing	0.00	-37.61
Office Telephone/Internet	140.79	2,001.48
<b>Total Telephone &amp; Internet</b>	<b>230.79</b>	<b>3,879.20</b>
<b>Total Expense</b>	<b>2,041.76</b>	<b>29,287.80</b>
<b>Net Ordinary Income</b>	<b>939.71</b>	<b>5,090.56</b>
<b>Net Income</b>	<b>939.71</b>	<b>5,090.56</b>



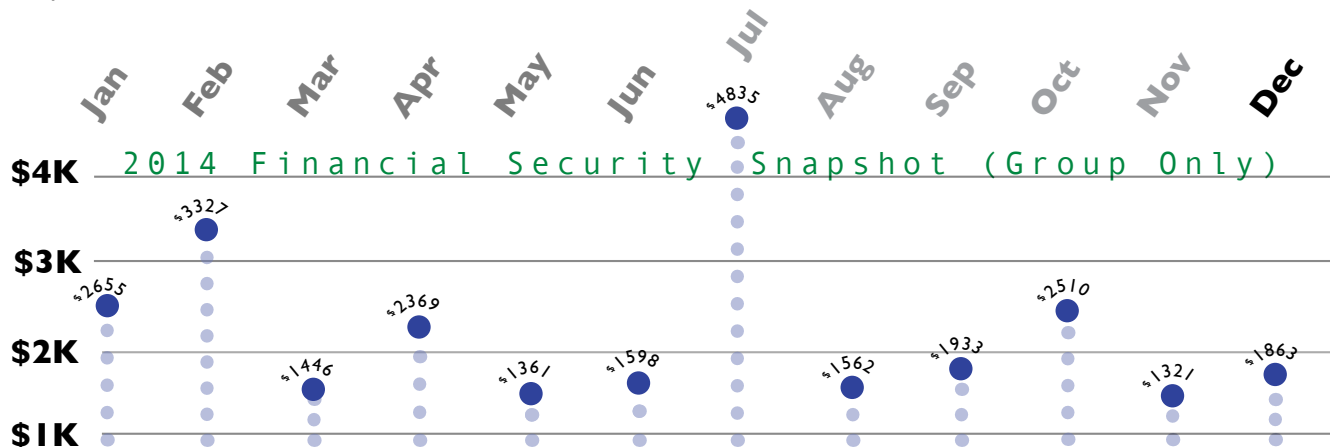
**Area 51 NCGSC  
Treasurer**  
PO Box 459  
Aberdeen, NC 26315

- District 70 Treasurer**  
PO Box 8574  
Asheville NC 28814-8574
- District 71 Treasurer**  
3486 Silver Creek Rd  
Mill Spring, NC 28756
- District 80 Treasurer**  
85 Mimosa Ln  
Franklin NC 28734

Use for  
2015!

## Cash on Hand as of 12/31/14

Money Market (Prudent Reserve)	\$7026.97
Operating Account (Checking)	\$4613.10
Rent Deposit	\$400.00
Petty Cash	\$50.00



## Contributions • December 2014 & YTD

Acceptance Grp		\$1,128.72	Library Grp	\$72.00	Total Group Contributions
Anonymous	\$126.57	\$955.95	Maple Grove Grp 121-212	\$100.00	\$1,863.05 (Dec 2014)
Around the Room Grp		\$0.00	Marion AA Grp 110-621	\$75.00	\$26,817.20 (All 2014)
Asheville BBSS Grp 637-843		\$225.67	Mars Hill Grp 130-895	\$150.00	
Asheville Women's BBSS Grp		\$50.00	Marshall Grp	\$75.00	
At Wit's End Grp	\$86.88	\$86.88	Mid Day Grp (Hendersonville)	\$85.00	\$1,075.00
Back to Basics (Marion)		\$0.00	Mill Spring Grp 656-821	\$47.50	Individual Contributions
Back to Basics (Weaverville)	\$50.00	\$266.02	Moment of Clarity Grp	\$2.25	Anonymous
Big Town Grp 671-200		\$432.83	Monday Night Open Meeting	\$43.95	\$23.32 (Dec 2014)
Black Mountain Grp 117-117		\$200.04	Mountain View (Highlands)	\$566.56	\$115.98 (All 2014)
Brevard Serenity Grp 631-231	\$100.00	\$100.00	Murphy Big Book Grp	\$20.00	In Memory of B.G.
Bryson City Group 110-467		\$0.00	New Freedom Grp 700-124	\$80.00	\$10.00 (Dec 2014)
But for the Grace of God Grp		\$150.00	Newcomers Grp - Flat Rock	\$1.00	\$120.00 (All 2014)
BYOC Bring Your Own Coffee	\$51.25	\$395.72	Pisgah Grp	\$1.00	
Came to Believe Grp 611-288		\$20.00	Plan B Grp 670-567	\$100.00	In Memory of David
Candler Kiss Grp 163-148		\$392.50	Primary Purpose Grp	\$13.82	\$365.00 (Dec / All)
Cashiers Valley Grp 122-589		\$917.88	Recovery by the River	\$557.20	
Cedar Mountain Grp		\$125.00	Reflections Grp 711-861	\$20.00	\$60.00
Columbus Group 150-908		\$150.00	Roundtable Grp	\$0.00	Bob P. \$200.00 (Dec / All)
Conscious Contact AVL	\$366.40	\$2,773.93	Rule 62 Grp	\$339.00	\$489.68
Cumberland Grp 122-472		\$160.00	Saluda Back to Basics Grp	\$75.00	Total Ind Contributions
Chunn's Cove Men's Group		\$250.00	Sat. Morning Men's Meeting	\$25.00	\$240.00
Daily Decisions Grp 643-869	\$100.00	\$978.00	Second Chance Grp	\$0.00	\$598.32 (Dec 2014)
Daily Reflections (Blk Mtn)		\$28.45	Serenity Seekers - Marion	\$35.00	\$950.98 (All 2014)
Daily Reflections (Fletcher)		\$105.80	Serenity Service 110-498	\$575.00	
Day by Day Grp 159-058		\$1,675.84	Skyland Big Book Grp	\$223.00	Mountain Doin's
District 70		\$624.21	Sunshine AA Grp	\$200.00	Print Subscriptions
District 71		\$100.00	Surrender Group - Blk Mtn	\$300.00	\$36.00 (Dec 2014)
Downtown Serenity Grp		\$523.72	Sylva Grp	\$0.00	\$90.00 (All 2014)
Early Birds Grp 612-780		\$690.98	Sylvan Valley AA	\$25.00	\$75.00
Fellowship Grp (Fletcher)		\$75.00	Grp - Brevard		Grand Total
Fireside Grp 655-046	\$225.00	\$641.00	The Principles Grp 127-575	\$119.59	\$2,497.37 (Dec 2014)
Good Livers Grp 666-360		\$338.00	There Is A Solution	\$60.00	\$27,858.18 (All 2014)
Grace Grp of Asheville		\$2,124.61	Total Surrender Grp	\$750.00	
Hand-in-Hand Grp		\$0.00	Tryon 12 & 12 690-877	\$75.00	
Happy Hour Grp		\$162.87	Tryon Monday Mtg	\$160.00	
Happy, Joyous & Free Grp		\$40.00	Tryon Tuesday Grp	\$150.00	
Hendersonville Grp		\$0.00	Waynesville Grace Grp	\$1,310.00	
High Noon Grp 689-080		\$190.00	We Think Not Grp 700-411	\$69.00	
Hot Springs Meeting		\$0.00	West Asheville Grp 110-501	\$0.00	
Joy of Living (Brevard)		\$150.00	Women of Courage	\$236.20	
Kanuga Grp		\$25.00	Women of Grace	\$141.00	
Lambda Grp 617-035	\$84.00	\$344.50	Young People's Grp	\$194.19	
Ledger Grp - 654-832		\$1.37	4th Dimension	\$0.00	
Leicester Grp 143-417		\$150.00	11-11-11 Grp	\$39.95	
			12 & 12 Study Grp	\$25.00	

Thank you  
for your  
support of  
Central  
Office  
in 2014!

# North Carolina Mountain Central Office News

Attention All Groups & CORs

The next board meeting will be held on **Thursday, Feb 12, 6:00 pm**, at the office: 70 Woodfin Pl, Ste 210. for more info call (828) 254-8539, or write to [info@ncmco.net](mailto:info@ncmco.net).

## 2015 Board Officers and Members

Chair (2014-15) - Dawn L.

Alternate Chair (2015-16) **POSITION IS OPEN**

Treasurer (2015-16) - Mike M.

Secretary (2014-15) - Tom M.

District 70 Trustee - Danny S.

District 71 Trustee - Gene S.

District 80 Trustee - Doug V.

Step 12 Call List Coord. - Helen M.

Newsletter Editor - **POSITION IS OPEN**

Several Board positions are open; the responsibilities for each are described in the Board of Directors' Composition, Scope & Procedures document as follows:

Alternate Chair - 1. Shall perform the duties of the Chairman when requested by the Chairman or in the case of his absence or inability to act. 2. Shall perform other duties as occasionally assigned. 3. Shall have at least five years continuous sobriety at the time of taking office.

Newsletter Editor - 1. Has overall responsibility for the monthly *Mountain Doin's* newsletter and may be paid a reasonable amount established by the Board for this service. 2. Attends Board meetings as a voting member. Note: The Editor should a) have knowledge of desktop publishing/page layout software, b) be able to meet monthly deadlines, and (c) attend monthly board meetings.

*Board minutes are available on request to A.A. members; contact NC-MCO. They're usually available no later than three weeks after the last board meeting.*

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## Call & Visitor Log • December 2014

General Info - 3

Family Help - 2

Meeting Info - 34

Central Office Business - 48

12-Step Calls - 3

Medical/Detox - 0

Visitors - 78

Answering Svc (Nov Oper-Asst'd) - 85 min.

# Grapevine News

Ever since our co-founders, Bill W. and Dr. Bob, in 1935, the special one-on-one bond of sponsorship has been a vital part of alcoholics getting and staying sober in AA. This month, our special section features wonderful stories of the ways members use sponsorship to stay sober and connected to live full, happy lives.

**UNDER THE RENOIR.** Sometimes it takes a sponsor to encourage us to paint our own masterpiece.

**WHAT'S A DCM?** Learning the ropes from a service sponsor has made her a more grateful AA.

**A SPONSOR'S VIEW.** When Jay removed his glasses, the Big Book came alive—yes, even the pages with roman numerals.

**90 DAYS OF JUNE.** One summer, a woman with a few years sober decided to kick her program into high gear.

**ALL THIS AND FLY-FISHING.**

His sponsor guided him through his most turbulent times and taught him to enjoy calm waters.

## AREA 51 NEWS

At Area 51's Fall Assembly last September, Katy, the newly-elected Chairperson, let us know that it's extremely costly to send-out the minutes via USPS (even as a non-profit) -- the 2015 mailing budget is a whopping \$3,200!

You can help save the Area a bunch of \$\$ by getting emails whenever new notices, minutes and other important information are posted at the [aanorthcarolina.org](http://aanorthcarolina.org) website.

To opt out, go to the Area 51 website: [www.aanorthcarolina.org](http://www.aanorthcarolina.org). Click on the top tab: Information for Members (get the username and password from your DCM or Alt. DCM).

Click on "Opting Out of Postal Mailings" under Resources and follow the instructions.

Once you have gone through the online opt-out process, complete the process by printing out and changing the Group Information Form and returning it to your DCM or Area 51 Registrar.





# Meeting Updates for Districts 70 • 71 • 80

## New Meetings

**Waynesville.** Happy Destiny Group. Thursday 7:00pm. 142 Miller St., Waynesville 28786 (C, D)

**Fletcher.** Fellowship Group. Monday 7:00am. Calvary Episcopal Church, 2840 Hendersonville Rd, Fletcher. (O, D)

**Asheville/Skyland.** South Asheville 12 & 12. Tuesday 7:15pm. Skyland United Methodist Church, 1984 Hendersonville Rd, Asheville 28803 (O, SS / TR)

**Asheville/Skyland.** Daily Reprieve: From Fear to Faith. Thursday 12:00pm. Skyland United Methodist Church, 1984 Hendersonville Rd, Asheville (C, W, SS)

## Meeting Changes

**Cedar Mountain.** Cedar Mountain Group. Tuesday cancelled; Thursday still meets 6:30pm at its new location: Cedar Mountain Community Center, 10635 Greenville Hwy (Rte 276) (O, D)

**Asheville.** Serenity Service meetings have moved from the 12-Step Recovery Club to Central United Methodist Church, 297 Haywood St. The nine meetings (three new!) are: Monday 12:30pm (C, D); Tuesday 6:00pm (C, D); Thursday 12:30pm (C, D); Thursday 6:00pm (C, D); Friday 12:30pm (C, D); Saturday 2:00pm (O, D); Saturday 6:00pm (O, D); Saturday 8:00pm (O, D); Sunday 2:00pm (O, D)

**The 12-Step Recovery Club,** 1340-A Patton Av, has added new AA meetings. For more info: [www.asheville12stepclub.org](http://www.asheville12stepclub.org)

**Fletcher.** Fellowship Group. Thursday Noon. Currently (O, D) but starting February this meeting will be an open beginners meeting (O, BG) Calvary Episcopal Church, 2840 Hendersonville Rd, Fletcher.

## Discontinued

**Franklin.** Common Sense Group. Saturday 7:00pm.

**Cedar Mountain.** Cedar Mountain Group. Tuesday 6:30pm

## Space Available

**1st Christian Church,** 470 Enka Lake Rd, Candler, across from Enka High School. Available all days except Sunday morning & afternoon. Handicap accessible.

## Space Available (cont)

**Barnardsville United Methodist Church,** 7 Church Hill Rd (off Dillingham Rd). Fellowship Hall can seat 30-40 people. Smaller room in parish house available in future.

**St. George's Episcopal Church,** One School Rd Asheville, 28806, has space and times available for meetings.

To obtain contact information for any of these churches, call Pam at Central Office (828) 254-8539.



## 2015 International Convention of Alcoholics Anonymous

July 2-5 • Atlanta, Georgia

The pre-registration period is  
September 3, 2014–May 15, 2015  
Register by Web • Mail • Fax

Register online at [www.aa.org](http://www.aa.org)

## Need to Order Group Supplies After Office Hours?

- call (828) 254-8539 during business hours  
Monday–Friday, 10:00am–1:00pm
- email [info@ncmco.net](mailto:info@ncmco.net) your purchase list

We'll be only too happy to arrange for after-hours pickup (by you!) or shipping. This service is available for groups with no outstanding charge balances.

Cash or check only; no credit cards



# The Service Express

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NC Mountain Central Office welcomes volunteers Mon–Fri, 10 am–1 pm. If you are a sober member of A.A., interested in enhancing your sobriety through service work, and are good on the phone, please call (828) 254-8539, write [info@ncmco.net](mailto:info@ncmco.net), or visit [www.aaNCMCO.org](http://www.aaNCMCO.org).

**All District Committee Coordinators**, please send updates on committee meeting times, recent activity, and upcoming service opportunities! The March 2015 newsletter deadline is **February 15**.

## District 70 [ashevilleaa.org](http://ashevilleaa.org)

**Contact District 70 trusted servants** through the website [www.ashevilleaa.org](http://www.ashevilleaa.org) (click the Contacts link at the top of the home page).

**GSR District Meeting** is **Sunday, February 8**, 2:30 pm, at St. Luke's Episcopal Ch Parish House, 219 Chunns Cove Rd, Asheville

### Open Positions from now–Dec 2016 Terms

#### District Sec'y • District Events Coordinator

For a copy of the qualifications, contact the DCM or Secretary (via website; see **Contact** info, above). Anyone interested is invited to attend the next business meeting (see **GSR District Meeting info**, above), when elections will take place.

**Bridging the Gap** (with treatment facilities) Contact the TFC Chair at [ashevilleaa.org](http://ashevilleaa.org); the BTG Chair or Co-Coordinator, at [bridgingthegap.asheville@gmail.com](mailto:bridgingthegap.asheville@gmail.com) or attend the Service Committees Meeting (see next listing, below). [www.btgww.org](http://www.btgww.org).

**Service Committees** meet the last Tuesdays of odd-numbered months. **Next meeting: Tuesday, March 31**, 6:00 pm, Trinity Episcopal Church, 60 Church St, Asheville

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

## District 71

**GSR District Meeting** will be **Saturday, March 14**, 1:00 pm, at 1620 Willow Rd, opp. Valley Hill Fire Dept., Hendersonville. District meetings are held the 2nd Saturday every other month. **DCM:** David L. [hiwattuser1@gmail.com](mailto:hiwattuser1@gmail.com); **Alt DCM:** Annette K., [netsy1162@yahoo.com](mailto:netsy1162@yahoo.com).

**Mail district contributions** to: 3486 Silver Creek Rd, Mill Spring, NC 28756

## District 71 (con't)

**Correctional Facilities Committee** meets the 1st Saturday of even-numbered months. Next meeting is **Saturday, February 7, 9:30 am**, 1620 Willow Rd, Hendersonville (where the Hendersonville Group meets). All interested AAs are invited to attend.

## District 80 [aawnc80.org](http://aawnc80.org)

**Registrar:** [lostmdboy@yahoo.com](mailto:lostmdboy@yahoo.com)

**GSR District Meeting** will be **Sunday, April 19**, 1:30pm, Jackson County Resource Ctr, 1528 Webster Rd (Rte 116), Webster. Note: A GSR workshop will be held 1 hour before the district meeting, at 12:30 pm. Call (828) 837-4440 or write [aacom28906@verizon.net](mailto:aacom28906@verizon.net).

## CORs [aancmco.org](http://aancmco.org)

Quarterly COR meetings rotate around the three districts of the Central Office service area. CORs meet at **6:00 pm the 2nd Thursday** of the first month of each new quarter.

**Thursday, April 9** - Location TBA; runs concurrent ly with regular monthly board meeting

## Area 51 [aanorthcarolina.org](http://aanorthcarolina.org)

**Winter 2015 Committee Meeting** **February 28–March 1**. Hilton North Raleigh, Raleigh NC. Open to Area Committee Members (DCMs)

**2015 Eastern North Carolina Pre-Conference** **Saturday, March 7**. Noon–4:00 pm. Jacksonville, NC (location TBA) Kickoff: 12:00–12:30; Lunch: 12:30 to 1:15; Agenda item sessions: 1:15–3:00; Report back and Q&A: 3:00–4:00

**Be Involved, Be Informed, Be Inspired, Be of Service!** Be involved in General Service at the area level. Be informed about the General Service Conference agenda; help prepare our delegate to make informed decisions; your views, opinions, and participation are essential!

**Area 51 Spring Committee & Assembly Meeting**, **May 15–17**.

## Special Events

Calendars and fliers of regional and national A.A. events also may be found at [www.aanorthcarolina.org](http://www.aanorthcarolina.org).

**Valentine Brunch.** Acceptance Group. Saturday, February 14, 9:00–11:00 am. Open meeting at 9:00 am.

**Special Events (cont'd page 7)**

# The Service Express

## Special Events (cont'd from page 6)

St. Luke's Episcopal Church, 219 Chunns Cove Rd, Asheville. Bring your non-AA family and friends for fun and fellowship.

**Swannanoa Library Group**, 101 W. Charleston Ave, Swannanoa, will be reading and discussing the 12 Traditions starting Sunday Feb 1, 7:00 pm; one per week until completed. Everyone who is interested in this more concentrated study of "why it works" is welcome. Please bring your own 12&12.

**Freedom from Bondage XXII.** Area 51 Corrections Conference. Aberdeen NC. March 13-15. See flyer page 10; for more info, write [corrections@aanorthcarolina.org](mailto:corrections@aanorthcarolina.org).

## The Emerging Swanns A.A. Group

### Swannanoa Correctional Center for Women

Speaking opportunities at the Swannanoa Correctional Center for Women (SCCW) are for "outside" A.A. women who have a "Blue Card" for volunteering there and for A.A. women who have never been in the SCCW before (they may apply as a one-time volunteer). The Open Speaker meeting is held the last Wednesday of each month, at 7:00 pm.

Please help "Carry the Message Behind those Walls." For more information, please contact Pam at Central Office: [info@ncmco.net](mailto:info@ncmco.net) • (828) 254-8539



## To All Groups: 2015 Updates for the 12th-Step Call List

To assure accuracy of our 12-Step List, send the following info to NCMCO (Central Office):

1) The name, address, phone number, and email address for your Group Treasurer, Central Office Representative (COR), and General Service Representative (GSR).

2) Your Group's 12-Step Volunteers' contact information. These names and numbers are kept strictly confidential and are used by Western North Carolina Central Offices and after-hours answering service to help the still suffering alcoholics who call for help.

Please include their names, phone number(s), ZIP code, and times / days able to receive calls. Keep in mind: "Delegates to the General Service Conference, April 24, 1972, agreed that the use of full names and addresses could improve communication within the Fellowship. We may use full names for A.A. Members in service."

Also, there's lots of helpful information on doing 12-Step work, including guidelines and a sign-up form (in pdf downloads), available at <http://aancmco.org/12th-step-call/>

—Thank you!

## Central Office Site!

Get all the news at [www.aancmco.org](http://www.aancmco.org). An archive of older newsletters may be found at the District 70 site [www.ashevilleaa.org](http://www.ashevilleaa.org)

## NCMCO Internet Anonymity Policy

The Office, guided by the latest version of "GSO Guidelines: Internet," shall 1) take reasonable and commonsense precautions and 2) employ discretionary practices that help protect but do not guarantee the online anonymity of A.A.s who may communicate and share information with NCMCO; and that NCMCO shall not share or publish any personally identifying information—full name, phone number, personal mailing address, personal email address, or personal website—a) in its correspondence, b) in the *Mountain Doin's*, or c) on its website. —Call or write if you have questions.

Spanish-speaking men, your experience,

strength, and hope are needed at an open meeting, Mondays 7:00pm, at the Hendersonville County Jail. (Clearance is required.) For more info, contact Gene at (828) 606-1933.

## ¿Habla Español?

If you, or someone you know, is fluent in both English and Spanish and might like to serve Area 51, please contact Rachel at (336)

671-9435 or write [altdelegate@aanorthcarolina.org](mailto:altdelegate@aanorthcarolina.org)

**CONFIDENTIAL --- 12-Step Volunteer Form --- CONFIDENTIAL**

***"I Am Responsible..."***

*When anyone, anywhere, reaches out for help,  
I want the hand of A.A. always to be there.  
And for that: I am responsible."*

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**PLEASE NOTE: Only your First Name, Last Initial, Phone Number, WNC Area, Hours Available & Any Restrictions will be shown on the 12-Step Call Lists at the WNC Central Offices & after-hours Answering Service.**

<b>12-Step Volunteer</b>		Date:	
Full Name:		Gender: M / F	
Address:			
City:		State:	Zip:
WNC Areas near you for 12-Step Calls (ie: North, South, East, West):			
Phone #:		Alternate Phone #:	
Email:			
Availability to Receive 12-Step Calls (ie: 24/7 or specific Hours/Days):			
Willing to be a 'last resort' -- to take a 12-Step call when no other AA volunteer can be contacted? Y / N			
Home Group:			
Sobriety Date:			
Any restrictions (disabled, legally blind, etc.):			
Any months <i>NOT available</i> in the WNC area:			
Know How-to-Do 12-Step Calls? Y / N (ALWAYS go with another member)			
<b>NEVER go alone on 12 Step Visits.</b> Talk with your Sponsor; see "Working with Others" in the Big Book; check Guidelines at <a href="http://www.aaNCMCO.org">www.aaNCMCO.org</a>			
Able to GO on 12-Step-Call VISITS (not homebound, etc)? Y / N			

**Please Keep in Mind -- All information is kept strictly confidential.**

You will be called ONLY by office managers/volunteers at WNC area Central Offices *or* Answering Service operators. YOU will be given the NAME & PHONE NUMBER of the CALLER asking to speak with a volunteer. You then call the person back who is asking for help. *Your name or phone number is NEVER given to the caller.* **Women to Women and Men to Men.**

For more information, please contact North Carolina Mountain Central Office (NCMCO): (828) 254-8539

**Office hours: 10am-1pm, Monday through Friday**

**email: [info@ncmco.net](mailto:info@ncmco.net)**

**website: [www.aaNCMCO.org](http://www.aaNCMCO.org)**

**NCMCO**

70 Woodfin Place, Suite 206  
Park Place Office Bldg.  
Asheville, NC 28801

**THANK YOU!**



**AA members are needed to be on the WNC 12<sup>th</sup> Step Call List -- for Guidelines on the 12<sup>th</sup> Step Call and more information, please visit Central Office's Web Site: [www.aaNCMCO.org](http://www.aaNCMCO.org)**

**“I am responsible . . .  
When anyone, anywhere, reaches out for help,  
I want the hand of A.A. always to be there.  
And for that . . . I am responsible.”**

— A.A. Grapevine. Reprinted with permission.

“[About]... **AA's Responsibility Declaration** [above] ... In just a few simple words ... the essence of the Fellowship – one alcoholic sharing with another ... a fundamental building block for the future of the Fellowship. One hand reaching out for the next – a chain reaction of help, healing, and hope.

For those who have reached out for help, alone and afraid, and been met with the firm, supportive hand of AA, the Responsibility Declaration is an emblem of the lifeline that saved them. And for those AAs, sober now, who have taken that outstretched hand into their own, the Declaration is but one small installment on the debt each owes to the Fellowship of AA.

... As we extend the hand of AA, responsibility becomes the bedrock upon which happy and purposeful lives can be built.”

----- excerpt from the Foreword of the book, “I AM RESPONSIBLE: The Hand of AA” – selected stories from the AA Grapevine – page 1, copyright the AA Grapevine, Inc.

**To follow are excerpts from the book, “I AM RESPONSIBLE: The Hand of AA – selected stories from the AA Grapevine”.**

#### **Working with Others** (page 49)

The impact one alcoholic can have on the life of another is profound. And it doesn't take any special skills to accomplish – all it takes is the willingness to communicate with another in the language of the heart. ... As Bill W. points out in his essay on Tradition Five from the September 1952 Grapevine, reprinted in the “Twelve and Twelve”:

“The unique ability of each AA to identify himself with, and bring recovery to, the newcomer in no way depends upon his learning, eloquence, or on any special individual skills. The only thing that matters is that he is an alcoholic who has found a key to sobriety. These legacies of suffering and of recovery are easily passed among alcoholics, one to the other. This is our gift from God, and its bestowal upon others like us is the one aim that today animates AAs all around the globe.”

*[What you may not realize is that sometimes, 'long-timers' in AA call for help, too.]*

#### **Fifth Tradition** (pages 37-38)

“Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.

... Yes my group (made up of individual AAs, including me) has improved a lot in its respect for our Fifth Tradition – in its ways of carrying the message. My own AA history has lengthened considerably since I first caught glimpses of the sobriety-preserving wisdom in the AA way of doing things, summed up in our Traditions. But I have recently discovered something else quite wonderful about the Fifth: It does not say that AAs should help only newcomers.”

I do not agree that the newcomer is the most important member at any meeting. In my opinion, equally important are those old-timers who showed me the way, and any middle-timer who may today be suffering. If newcomers are indeed the lifeblood of AA, old – and middle-timers are its skin and backbone. What a bewildered mess we would be in without them!

So in your next meeting when that Tradition about carrying the message ‘to the alcoholic who still suffers’ is mentioned, please give a thought, not only to newcomers, but also to the alcoholics older in AA who are sitting there. One of them might be me. I still suffer, sometimes. I still need to hear the message, always.” --- BL, June 1970

#### **Pass It On – But How?** (pages 134 & 136)

It is a paradox that one of the basic tenets of the AA program is that we must give away what we have in order to keep it. In other words, it is necessary to our own sobriety that we share freely with others what we have been so freely given. ‘When we see a man sinking into the mire that is alcoholism, we give him first aid and place what we have at his disposal’ (*Alcoholics Anonymous*, page 132). This has not been seen as optional but necessary to the success of an AA members’ program. ‘Though they knew they must help other alcoholics if they would remain sober...’ (*Alcoholics Anonymous*, page 159).

The importance of passing it on is simply stated in our Responsibility Declaration:

*‘I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.’*

The AA Preamble emphasizes the same point, saying we are ‘men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.’ Tradition Five states the ‘our Society has concluded it has but one high mission – to carry the AA message to those who don't know there's a way out’ (“Twelve and Twelve”, page 151).

Our whole meeting structure is based on this concept, our literature works toward this end, and good-spirited AA members through the years have contributed to this stream of continuity with each passing the message on to others and variously helping his fellows along the ‘Road of Happy Destiny’.

The last words of the Preamble say it clearly:

**‘Our primary purpose is to stay sober and help other alcoholics to achieve sobriety’....”** ---- Charlie R., Athens, GA, January 2000

----- Excerpts from the book,  
***I AM RESPONSIBLE: The Hand of AA – selected stories from the AA Grapevine***  
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# "FREEDOM FROM BONDAGE XXVII"

## Area 51 AA Corrections Conference

13, 14 & 15 March 2015

Hampton Inn & Suites  
200 Columbus Dr.  
Aberdeen, NC 28315  
(Just off US 15 501 Hwy)

### Pre-registration for conference

\$15.00 per person before February 28, 2015  
\$18.00 at the door

### Hotel registration

Hampton Inn & Suites  
200 Columbus Dr.  
Aberdeen, NC 28315  
Room reservations:  
(910) 693-4330 -or- online at:  
[http://hamptoninn.hilton.com/en/hp/groups/personalized/S/SNPNCHX-FFB-20150312/index.ihtml?WT.mc\\_id=POG](http://hamptoninn.hilton.com/en/hp/groups/personalized/S/SNPNCHX-FFB-20150312/index.ihtml?WT.mc_id=POG)  
Code: **FFB**  
Rate: \$91-Standard Room, \$101-Studio Suite  
Cut-off for special rate: February 21, 2015

### Agenda

- Speakers
- Panels
- Workshops
- Fellowship
- All the coffee you can drink!
- "Sweet Thangs"

### For more information

E-mail: [corrections@aanorthcarolina.org](mailto:corrections@aanorthcarolina.org)  
(704) 995-5288

----- ( Cut here ) -----

**Freedom From Bondage XXVII**  
Area 51 AA Corrections Conference  
Pre-registration rate before February 28, 2015 – \$15.00

Make checks payable to:  
CFC

P.O. Box 473193  
Charlotte, NC 28226

Name: \_\_\_\_\_ Name on Badge: \_\_\_\_\_  
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Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Telephone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ E-mail: \_\_\_\_\_  
# of AA's: \_\_\_\_\_