

Mountain Doin's

January
2021

828-254-8539

Central Office is still staffed
Mon-Fri 10am-1pm
but not currently open
to visitors.

Call or email with
any questions.

info@ncmco.net

Central Office Positions Filled!

It appears we have a possible candidate for a new Treasurer to start in January. Lorraine C., who has been the Treasurer for District 70, expressed a willingness to serve in this position when she was contacted during the COR/Board meeting by Sara, the District 70 Trustee. Pending likely approval at the COR/Board meeting in January, Lorraine will be the new Board Treasurer. Angie, the current Treasurer, will be working with Lorraine during the transition. Thank you, Lorraine! And a special thanks to Angie for her outstanding service as Treasurer the past two years!

January Grapevine now available!



This month's Featured Section is "Oldtimers!" Our beloved longtime members share hopeful stories about what it was like and what it's like now. Also included are powerful stories of hope by members during the current COVID-19 crisis.

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Call & Visitor Log November 2020

- 12 Step Calls – 3
- General Info – 3
- Family Help – 2
- Meeting Info – 51
- Central Office Business – 32
- Medical/Detox – 8
- Visitors – 0
- Answering Service – 0
- Hotline Volunteers – 30 calls

- Visits to aaNCMCO.org website:
Unique Visitors – 3882
Pages Visited – 11,492 (3 per visit)

COR/NCMCO Board Meeting

The next combined
COR/NCMCO Board Meeting
will be Thursday, January 14,
6:00pm. It will again be via
Zoom like the meeting was in
November

For updated meeting
information check the website:
www.aanCMCO.org.

COR/Board meetings are held
every other month on the odd-
numbered months.

Cash on Hand *as of 11/30/2020:*

Prudent Reserve -
\$11,085.42

Operating Account -
\$19,025.29

Rent Deposit - \$400.00

Petty Cash - \$50.00

Where to Find Meetings

In-Person Meetings:
All Districts



Online Meetings:
District 70



Online Meetings:
District 71



Online Meetings:
District 80



New NC Mountain Central Office, Inc. Profit & Loss YTD Comparison November 2020

	Nov 20	Jan - Nov 20
Ordinary Income/Expense		
Income		
Contributions		
Birthday Contributions	6.32	574.22
Group Contributions	1,971.06	23,876.21
Individual Contributions	782.26	6,499.38
Contributions - Other	-1,000.00	-1,000.00
Total Contributions	1,759.64	29,949.81
Interest on Money Market	0.91	10.16
Sales Income		
Literature & merchandise	1,123.66	12,064.74
Shipping charged to groups	72.95	314.12
Total Sales Income	1,196.61	12,378.86
Total Income	2,957.16	42,338.83
Cost of Goods Sold		
Freight - vendor shipping	11.69	174.88
Literature & merchandise	1,003.26	10,058.87
Shipping to groups	74.95	307.36
Total COGS	1,089.90	10,541.11
Gross Profit	1,867.26	31,797.72
Expense		
Accountant fees	942.50	942.50
CO/D70 Fall Picnic	0.00	163.33
Computer, Software, IT Asst	0.00	74.89
Copier Rental	0.00	1,656.97
Credit Card Processing	0.00	522.16
ICOAA Conference	0.00	61.48
Insurance Expense	0.00	610.00
Office Expenses	14.99	212.90
Office Supplies		
Office Supply items	0.00	159.22
Sales Tax on Supplies	0.00	11.14
Total Office Supplies	0.00	170.36
PayPal Fee	33.65	89.19
Payroll Expenses		
Gross Salary (Including Taxes)	1,200.00	15,337.63
Payroll Taxes (Company)	91.80	1,244.36
Payroll Expenses - Other	3.50	45.50
Total Payroll Expenses	1,295.30	16,627.49
QuickBooks Expenses		
Payroll Subscription - Annual	0.00	246.10
Total QuickBooks Expenses	0.00	246.10
Reconciliation Discrepancies	0.00	0.01
Rent	584.00	6,373.00
Stamps/Postage	0.00	225.70
Telephone & Internet		
Office Telephone/Internet	81.99	1,665.84
Total Telephone & Internet	81.99	1,665.84
Total Expense	2,952.43	29,641.92
Net Ordinary Income	-1,085.17	2,155.80
Net Income	-1,085.17	2,155.80

CONTRIBUTIONS

	Nov 2020	YTD
Anonymous		\$1.79
12 & 12 Study Group	\$100.00	\$275.47
A Spiritual Awakening Group	\$92.00	\$92.00
Acceptance Group 122-477		\$1,451.47
As Bill Sees It Group		\$4.00
Asheville Women's BBSS Grp 703-990		\$50.00
At Wit's End Group		\$270.79
Back to Basics Grp - Weaverville 147-139		\$150.00
Big Town Group 671-200		\$675.11
Bill's Kitchen - Men's Meeting		\$100.00
Black Mountain Group 117-117	\$31.75	\$31.75
Boondocks Group		\$92.00
Brevard Men's Group		\$250.00
Brevard Serenity Group 631-231		\$100.00
But for the Grace of God Group		\$41.00
Came to Believe Grp 611-288		\$40.00
Candler KISS Group 163-148		\$35.00
Cashiers Valley Grp 122-589		\$1,366.00
Cedar Mountain Group 161-082	\$100.00	\$261.00
Cullowhee Valley Group 118-129	\$52.00	\$117.00
Cumberland Group 122-472	\$200.00	\$200.00
Daily Decisions 643-869	\$262.00	\$1,000.69
Day by Day Group 159-058		\$1,028.24
District 15		\$100.00
District 71	\$500.00	\$500.00
Downtown Serenity Group 702-463		\$55.24
Early Bird Group 612-780		\$383.00
Fellowship Group, Fletcher 655-542		\$1,100.00
Fireside Group 655-046		\$364.00
Good Livens 666-360		\$650.00
Grace Group 161-970		\$2,882.87
Great Fact Group - Waynesville	\$200.00	\$950.00
Happy Hour Group - Hendersonville 169-182		\$120.00
Happy, Joyous & Free - Columbus		\$23.00
Hendersonville Men's Group		\$225.00
Last Chance Group - Men's First Step Farm		\$55.00
Leicester Group 143-417		\$50.00
Liars Club	\$274.00	\$1,042.76
Library Group 672-283		\$99.00
Maggie Valley Group 158-950		\$117.17
Maple Grove Group 121-212		\$26.25
Marion AA Group 110-621		\$200.00
Marion Noon AA - Serenity Seekers 663-204		\$150.00
Mars Hill Group 130-895		\$189.00
Marshall Group 100-489		\$100.00
Midday Grp (Hendersonville) 143-420		\$436.00
Monday 6:00 Open Meeting		\$27.82
Mountain View Grp (Highlands) 110-598		\$616.15
New Freedom Group 700-124		\$20.00
Newland Serenity (Linville Mtg) 117-577		\$100.00
Out to Lunch Bunch		\$500.00
Phoenix Group 697-148		\$100.00
Recovery by the River 674-892		\$127.40
Rule 62 Group		\$168.00
Safe & Sound 645-654	\$58.21	\$360.15
Saturday Morning Men's Meeting		\$375.00
Saturday Solutions		\$250.00
Serenity Service Group 110-498		\$350.00
Sober Sisters - Flat Rock		\$280.07
South Asheville Literature	\$75.00	\$212.50
Sojourners' Home Group		\$40.00
Spiritual Fitness Group 720-419		\$56.00
Spruce Pine Saturday Morning Grp 110-679		\$50.00
Steps in Sobriety Group 728-947	\$26.10	\$203.93
Surrender Group - Black Mountain		\$300.00
The Meeting		\$100.00
The Principles Group 675-162		\$14.00
United With Hope Group 719-052		\$150.00
Waynesville Grace Group 110-692		\$1,132.40
We Think Not Group 700-411		\$284.00
West Asheville Group 110-501		\$167.19
Women of Courage Group		\$440.00
Total Group Contributions:	\$1,971.06	\$23,876.21

Individual Contributions:

Anonymous	\$1.48	\$2,204.88
Alexandra		\$30.00
Annie M.		\$100.00
Ben G.		\$6.00
Beth		\$17.04
Brian F.		\$100.00
Chuck H.		\$4.83
Damon		\$5.00
Dave G.		\$200.00
David		\$25.00
Douglas G.		\$10.00
Dr. L.		\$500.00
Edie		\$30.00
Edward		\$100.00
Elizabeth G	\$500.00	\$500.00
George P. & Mary S.		\$100.00
Gordie		\$11.50
Greg		\$170.00
Hollis S.		\$3.00
Jackie		\$15.00
Jacqueline		\$36.00
Jayson	\$5.00	\$10.00
Jean	\$10.00	\$25.00
Jeffrey		\$70.00
Jessica D.		\$20.00
Jessie		\$25.00
Jill K.		\$45.00
Joannie	\$50.00	\$50.00
John D.		\$10.00
Judith		\$100.00
Judith H.		\$50.00
Judy		\$100.00
Katherine H.	\$20.00	\$40.00
Kay G.	\$15.00	\$60.00
Kim C.		\$80.00
Laura		\$10.00
Leslie		\$203.00
Malcolm		\$25.00
Marjorie		\$20.00
Marsha		\$100.00
Marty		\$250.00
Mike		\$1.83
Pam	\$5.78	\$13.78
Ronald H.		\$10.00
Ronna		\$20.00
Sally		\$10.00
Sarah		\$120.00
Shannon K.	\$25.00	\$125.00
Sheila D.	\$20.00	\$100.00
Suzanne L.		\$50.00
Tara		\$134.52
Thomas		\$75.00
Trink		\$8.00
Valerie		\$20.00
Vigilance		\$30.00
Virginia		\$50.00
William W	\$100.00	\$100.00
William D.	\$20.00	\$60.00
In Memory of B.G.	\$10.00	\$110.00
Total Individual Contributions:	\$782.26	\$6,499.38

Birthday Contributions:

Anonymous	\$0.32	\$1.90
Angie C		\$21.00
Bob P.		\$140.00
Don B.		\$38.00
Gerd S.		\$12.32
Monica G.		\$210.00
Pam C.		\$74.00
Ray S.		\$36.00
Rebecca B.	\$6.00	\$6.00
Sandy F.		\$35.00
Total Birthday Contributions:	\$6.32	\$574.22

Mountain Doin's Subscriptions:

Grand Total	\$2,759.64	\$30,949.81
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Note: If you think there is a contribution missing from your group total, please let us know. We try our best to get donations listed correctly, but we do make mistakes sometimes and list a donation under the wrong group. As always, we thank you all - AA groups and individual members - for your generous support!



The Birthday Plan

Contributions to G.S.O.

For many years, A.A. members have celebrated their sobriety by sending a contribution to the General Service Office. Your birthday (or anniversary) money helps to support G.S.O.'s services to members and groups throughout Canada and the U.S., to ensure that the A.A. message is carried around the world. The services that G.S.O. provides the A.A. groups cost more than \$6 per member per year. Members customarily contribute \$1, \$2 or even \$5 a year for each year of sobriety—others may give a penny or a nickel a day for each day of their sobriety. You may request these Birthday Contribution Envelopes (FR-5) from G.S.O., for yourself or for your group, at no charge. (Reprinted from Box 4-5-9 Vol. 62, No.1 / Spring 2016)

You can contact our central office to pick up Birthday Contribution Envelopes: (828-254-8539)

You can also give directly to GSO at contribution.aa.org

We thank all the A.A. members and groups who donate so generously!

Special Meetings and Events

4

***NOTE:** Many events are being cancelled. For the latest updates please check the specific event websites or Central Office:



57th International Women's Conference – First Virtual Conference. Hosted by Charlotte, NC. February 18-21. For registration information see website



Biarritz International Virtual AA (Zoom) Convention: Experience, Strength and Hope. January 22-24. See website for information and registration:



NC Area 51 Conferences and Events:
www.aanorthcarolina.org



GSO in New York: www.aa.org



For events around the country and the world, as well as great articles and information, go to: www.aa.org and Box 459 Bulletin Board:



Does Your Homegroup Accept Online Contributions?

The Meeting Guide App now can directly link to your homegroup's Venmo, CashApp, or PayPal accounts in order to keep us self-supporting through this time of virtual meetings. To update the app with your group's info, please email the District 70 Webmaster at webmaster@ashevillaa.org, giving the following information:

- Name of your group
- Day and time of your meetings
- Direct links to payment centers



\$5



\$5

NCMCO COVID-19 Anniversary Special

Hey! We all miss the conviviality, companionship, and colorful imagination (?) involved with celebrating sobriety at meetings. But times are what they are. And we're finding new ways to do happy, joyous, and free.

Know someone who's having an AAnniversary but can't attend face-to-face meetings? For \$5, we'll send them a greeting card with a medallion commemorating their years of sobriety. We'll even include your message on the card.

Email: SPECIAL@aancmco.org for details

Need to order or pick up supplies for your group?

Call (828) 254-8539 during business hours: Monday – Friday, 10:00am – 1:00pm or email your order to: info@ncmco.net

We'll be happy to arrange for pickup (by you!) or shipping.

The Service Express

District 70:

GSR Business Meeting – Held the 2nd Sunday of the month. The next meeting will be Sunday, January 10, via Zoom: 1:30-2:30pm GSR Orientation; 2:30-3:30pm GSR Business Meeting. The link will be on the www.ashevilleaa.org Zoom meeting calendar before the meeting date.



District Service Committees – If you are interested in volunteering for a committee or have questions, please attend the next GSR Business Meeting (see above). You can also reach out to District Service Committee Chairs (listed under each committee) to find out how you can be of service.

Treatment Facilities Committee – Ian O. and Zack are Committee Chairs. Contact them at treatment@ashevilleaa.org to volunteer for service at ADATC, Neil Dobbins, Montford Hall, Copestone, Pavillon Treatment Center and the Veteran's Administration. It's all about bringing the message of recovery to alcoholics in treatment facilities and to set up means of "bridging the gap" from the facility to an A.A. group. Here is a link for the Treatment Committee flyer:



"Bridging the Gap" (with treatment facilities) – If you are interested in this service, please contact the BTG Chair, Kathleen, at bridgingthegap@ashevilleaa.org. A new "Treatment Facilities Service Display" is in the works. For information on Bridging the Gap, visit the website: www.btgww.org



Corrections Committee – At the moment, no volunteers are permitted to go into the jails or prisons. Contact the Corrections Chairs through the District 70 website for updated information.

Women's Chairs are Denise J. and Casey - contact at women_corrections@ashevilleaa.org.

Men's Chair is David J. – contact at mens_corrections@ashevilleaa.org. Here is a link for the Corrections Committee flyer:



The **Buncombe County Detention Facility** has varying needs of support for meetings inside the jail. Here is a new application for volunteering at BCDF:



Any AA member wanting to volunteer at BCDF needs to be referred or recommended to service by a local Corrections Chairperson or current jail volunteer. This will provide an umbrella of order and accountability with whomever enters the building with the organization.

CPC/PI Committee – These are two separate service committees – "Cooperation with the Professional Community" and "Public Information". The CPC committee visits schools, businesses and community meetings to speak about AA. Volunteers for area events are needed for health clinics and DUI classes to name a few. The PI committee provides accurate A.A. information to the public and media when requested.

Here is a link for the CPC/PI Committee flyer:



Literature and Grapevine Committee – Debra J. is the chairperson. Contact her at literature@ashevilleaa.org to volunteer. The focus is to assure that A.A. literature and Grapevines are available to all groups, service meetings, and other A.A. events. Through displays, supplies of A.A. catalogs and order forms, and A.A. workshops, these volunteers help A.A. members and other committees to carry the A.A. message through our literature.

District 71:

GSR Meeting – held on the 2nd Saturday of the month. The next meeting will be Saturday, January 9th, 9:30am via Zoom. Check their website for meeting updates and links:

The District Service Committees meet in conjunction with the GSR meeting.



Transylvania County Jail and the Henderson County Detention Center are currently not allowing AA meetings to be taken into the facilities. Check the District 71 website for updates:



District 80:

GSR Meeting – held quarterly. The next meeting will be Sunday, January 17, 1:30pm. It is currently scheduled to be a hybrid meeting with a physical meeting place as well as Zoom capability for those uncomfortable with in-person attendance. The physical location will be the Meridian Behavioral Health, 44 Bonnie Lane, Sylva. Check their website for meeting updates and links:

All interested A.A. members are welcome to attend.



There is a concern about the lack of 12-Step Call Volunteers, especially in some of the more remote parts of Western NC. The Murphy Central Office only covers a small area. And while the NC Mountain Central Office covers all of Districts 70, 71 and 80 there is a shortage of volunteers on the 12-Step Call list in the counties within District 80. All who are interested in this service are encouraged to call Central Office –

828-254-8539 – or check the website:



Appalachian Community Services Center located at 91 Timberlane Rd, Balsam, has A.A. meetings are every Monday and Wednesday at 6:00 pm and every other Saturday at 5:30pm, with one volunteer allowed in per meeting. If you would like information about volunteering, please contact Carl I. by calling or emailing Central Office – 828-254-8539; info@ncmco.net

Murphy Intergroup Meeting – held quarterly. The next meeting will be Thursday, January 14, 5:00pm, and will be held virtually. The GoToMeeting ID is 543-513-261. Office business will be discussed. All groups are encouraged to send a representative. The Murphy Central Office is in need of volunteers in all areas!

Happy Anniversaries!

Name	Sobriety Date	Years	Fellowship Group		
3 Legacies Group			Galen W.	1-01-2008	13 yrs
Gus G.	1-17-2010	11 yrs	Rob W.	1-01-2017	4 yrs
Acceptance Group			Ted N.	1-01-1985	36 yrs
Suzanne T.	1-01-1992	29 yrs	Joe V.	1-02-2019	2 yrs
Around the Room Group			Mike B.	1-02-2017	4 yrs
Tom W.	1-01-1991	30 yrs	Rob C.	1-02-2018	3 yrs
Sam M.	1-05-2012	9 yrs	Dale L.	1-10-2004	17 yrs
AVL Women's BBSS Group			Julia R.	1-17-2001	20 yrs
Natalie B.	1-09-2009	12 yrs	Jennifer H.	1-18-2019	2 yrs
At Wit's End Group			Jill P.	1-26-2019	2 yrs
Greg K.	1-02-2016	5 yrs	Sam L.	1-29-2019	2 yrs
Trevor H.	1-06-2015	6 yrs	Good Livers Group		
Amber M.	1-10-2008	13 yrs	JoEllen W.	1-02-2008	13 yrs
Lauren C.	1-16-2008	13 yrs	Bob D.	1-02-2019	2 yrs
Angie W.	1-17-1999	22 yrs	Ken B.	1-02-2019	2 yrs
Rachel S.	1-31-2015	6 yrs	Nancy D.	1-06-1988	33 yrs
Back to Basics Group - Weaverville			Greg C.	1-07-2019	2 yrs
Diane M.	1-15-2019	2 yrs	Bibi L.	1-09-1983	38 yrs
Amy M.	1-21-1975	46 yrs	Esther H.	1-13-2017	4 yrs
Black Mountain Group			Pamela W.	1-16-2002	19 yrs
Warren T.	1-6-2011	10 yrs	Annie C.	1-17-2007	14 yrs
Nicki	1-17-2016	5 yrs	Ryan B.	1-26-2017	4 yrs
Jeannette	1-19-2020	1 yr	Grace Group		
Yvonne W.	1-20-2006	15 yrs	Andrew S.	1-01-2018	3 yrs
Brevard Serenity Group			Tianna S.	1-01-2018	3 yrs
ShellyMae S.	1-09-2016	5 yrs	Kayli H.	1-01-2019	2 yrs
Patti P.	1-11-1973	48 yrs	Frank D.	1-01-2020	1 yr
Barbara P.	1-20-2018	3 yrs	Tyler S.	1-03-2020	1 yr
Dave R.	1-20-1996	25 yrs	Doug M.	1-04-1985	36 yrs
Bryson City Group			Eli J.	1-07-2019	2 yrs
Kyle C	1-14-2014	7 yrs	Tracey Mc.	1-08-2018	3 yrs
Conscious Contact			Sarah M.	1-08-2020	1 yr
Sara M.	1-02-2004	17 yrs	Andi K.	1-14-1999	22 yrs
Damon D.	1-12-1998	23 yrs	Vivian C.	1-15-2008	13 yrs
Ellen M.	1-22-2016	5 yrs	Ben O.	3-16-2020	1 yr
David B.	1-26-2004	17 yrs	Tiffanie C.	1-18-2008	13 yrs
Cumberland Group			Carla W.	1-21-2019	2 yrs
Jill K.	1-18-2012	9 yrs	Ryan J.	1-24-2005	16 yrs
Judy M.	1-19-1982	39 yrs	Judah L.	1-24-2019	2 yrs
Daily Decisions Group			Amie S.	1-25-2009	12 yrs
Mike M.	1-01-1985	36 yrs	Stephan H.	1-26-2019	2 yrs
Johnel V.	1-29-2001	20 yrs	Happy Hour Group		
			Sam L.	1-29-2018	3 yrs
			Hendersonville Group		
			Dan C.	1-03-2013	8 yrs
			Keenan G.	1-03-2000	21 yrs
			Hendersonville Men's Group		
			Chad B.	1-01-2020	1 yr
			Wharton D.	1-13-1982	39 yrs
			Marshall Group		
			Harold L.	1-28-2012	9 yrs
			Midday Group		
			Robin R.	1-15-2011	10 yrs
			Mission Group		
			Herb W.	1-22-1990	31 yrs
			Phoenix Group		
			Andrea	1-01-2001	20 yrs
			Paul	1-06-2015	6 yrs
			Liz	1-24-2009	12 yrs
			Riverside Last Chance Group		
			Wesley A.	1-26-2011	10 yrs
			Serenity Seekers - Marion		
			Mitzi G.	1-01-2020	1 yr
			Lori H.	1-13-1997	24 yrs
			Total Surrender Group		
			Patty K.	1-01-1985	36 yrs
			Cynthia P.	1-02-2015	6 yrs
			David	1-05-2018	3 yrs
			Brandy F.	1-07-2006	15 yrs
			Derry O.	1-13-2018	3 yrs
			Bryan T.	1-15-1992	29 yrs
			United With Hope - Flat Rock		
			John B.	1-01-2014	7 yrs
			Waynesville Grace Group		
			Joe C.	1-01-2010	11 yrs
			Bob F.	1-15-2004	17 yrs
			Suzanna B.	1-16-1997	24 yrs
			Rob B.	1-25-1985	36 yrs
			Paula E.	1-28-1987	34 yrs
			David C.	1-29-2016	5 yrs

EXPERIENCE, STRNGTH, AND HOPE

22-24 JANUARY 2021

2nd International Virtual AA (Zoom) Convention
organised by the **BAB Anglophone AA Group, Biarritz, France**



ENJOY AA FELLOWSHIP, AL-ANON & YPAA PARTICIPATION

TALENTED SPEAKERS AND WORKSHOP LEADERS

RECOVERY AND ECONOMY

NO TRAVEL, NO HOTEL, NO RESTAURANT, EXPENSES

FANTASTIC VALUE AND GREAT SHARING

<https://aavirtualconventionbiarritz.com>