

Mountain Doin's

April
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 Open Positions

Central Office is still looking to fill three Board positions: Treasurer, Newsletter Editor and Webmaster.

Listed below are the responsibilities and requirements for each position.

If you are interested in a position, please attend the May 13th virtual COR/Board meeting or email **info@ncmco.net**.

Newsletter Editor

- Has overall responsibility for the monthly Mountain Doin's newsletter. (See below regarding purpose, content and distribution.) The editor may be reimbursed for publishing expenses.
- Attends Board and General Committee meetings as a voting member.
- Shall have at least three years of continuous sobriety.
- The suggested term will be three years.
- Purpose:
 - Inform the Groups and members of information and events in all Districts in the service area of the Central Office.
 - Provide interesting and thought-provoking articles pertaining to the fellowship and the program of Alcoholics Anonymous.
 - Provide a platform for members to express their ideas and opinions.
 - Inform Groups and members of Central Office events and other information that benefits them
- Content: Monthly Central Office Financial Report
 - Anniversaries submitted by groups
 - Group contributions
 - Calendar of Group/District functions or Activities for the month and coming months
 - District information area to be used at each District's discretion
 - Contributions by individual members, Groups, and Districts including: articles, humor, upcoming events, reports of past events, any information thought important
 - Adheres to Central Office Policy on Anonymity
- Distribution:
 - Print (temporarily suspended during pandemic)
 - Electronic: Converted to Adobe PDF; uploaded to the website with the link e-mailed by Office Manager to each subscriber requesting electronic service, at no charge

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Treasurer (2-year term; beginning January 2021):

- Having charge and custody of all funds of Central Office.
- Accuracy of all financial records of Central Office.
- Receipts and 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.
- Prepares monthly financial report and presents it to the Central Office Board and COR General Committee.
- Attends Central Office Board and General Committee meetings.
- Shall have at least five years' continuous sobriety at the time of taking office.

Webmaster:

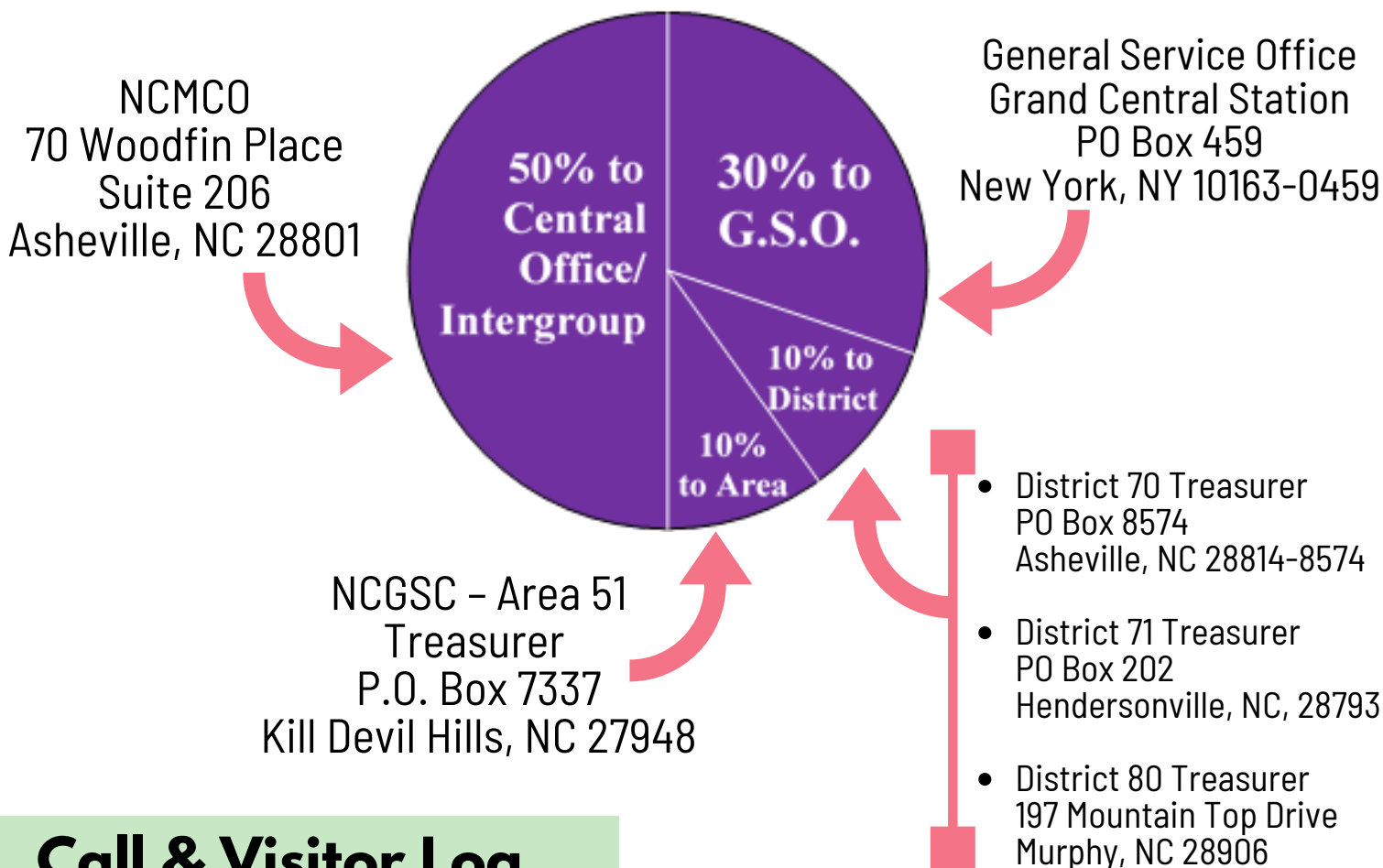
- Has responsibility for publishing and maintaining the Central Office website www.aanmco.org in accordance with Central Office policies. The webmaster may be reimbursed for publishing expenses.
- Attends Board and General Committee meetings as a voting member.
- Shall have at least three years of continuous sobriety.
- The suggested term will be three years.

How ARE we "Self-Supporting?"



Suggestions & Addresses for sending donations to the A.A. Service structure*
Revised for 2021

* From the pamphlet "Self-Support: Where Money & Spirituality Mix." Recommendations for other percentages are also in the pamphlet.



Call & Visitor Log February 2021

12 Step Calls - 3
General Info - 3
Family Help - 0
Meeting Info - 42
Central Office Business - 37
Medical/Detox - 1
Visitors - 0
Answering Service - 0
Hotline Volunteers - 31 calls

Visits to aaNCMCO.org website:
Total Visits- 1797
Pages Visited - 14,247 (8 per visit)
WhereAndWhen.aancmco.org: 127

April Grapevine now available!



This month's
Featured Section:
"Fun in Sobriety"

AA members share stories about diving into life, enjoying sobriety, and having some fun. Also included are powerful stories of hope by members during the current COVID-19 crisis.

COR/NCMCO

Board Meeting

The next combined meeting will be Thursday, May 13, 6:00pm. It will again be via Zoom. All AA members are welcome to attend but only Group CORs may vote. We are in need of a new treasurer, webmaster, and Mountain Doin's Editor. 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 2/28/2020

Prudent Reserve -
\$11,088.15

Operating Account -
\$17,635.49

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



Profit & Loss YTD

	FEB 2021	JAN - FEB, 2021 (YTD)
Income		
Contributions		
Birthday Contributions	61.55	109.87
Group Contributions	2,566.76	4,597.52
Individual Contributions	539.23	1,207.31
Total Contributions	3,167.54	5,914.70
Interest on Money Market	0.85	1.79
Sales Income		
Literature & merchandise	428.31	1,144.75
Shipping charged to groups	38.80	56.75
Total Sales Income	467.11	1,201.50
Total Income	\$3,635.50	\$7,117.99
Cost of Goods Sold		
Freight - vendor shipping	22.89	39.23
Inventory Shrinkage	0.01	0.01
Literature & merchandise	325.23	907.08
Shipping to groups	37.76	53.26
Total Cost of Goods Sold	\$385.89	\$999.58
GROSS PROFIT	\$3,249.61	\$6,118.41
Expenses		
Copier Rental		
Copier - monthly fee	158.81	317.62
Total Copier Rental	158.81	317.62
Office Expenses	32.98	47.97
Office Supplies		
Office Supply items		9.62
Total Office Supplies		9.62
PayPal Fee	17.50	38.72
Payroll Expenses	1.75	5.25
Gross Salary (Including Taxes)	1,260.00	2,520.00
Payroll Taxes (Company)	96.39	200.34
Total Payroll Expenses	1,358.14	2,725.59
Rent	584.00	1,168.00
Stamps/Postage		2.90
Telephone & Internet		
Office Telephone/Internet	104.98	209.96
Total Telephone & Internet	104.98	209.96
Total Expenses	\$2,256.41	\$4,520.38
NET OPERATING INCOME	\$993.20	\$1,598.03
NET INCOME	\$993.20	\$1,598.03

CONTRIBUTIONS

	Feb 2021	YTD
At Wit's End Group	\$22.00	\$22.00
Big Town Group 671-200		\$116.00
Cashiers Valley Grp 122-589		\$163.89
Cedar Mountain Group 161-082		\$100.00
Conscious Contact Group - Asheville		\$343.00
Daily Decisions 643-869	\$500.00	\$500.00
Day by Day Group 159-058		\$241.47
Grace Group 161-970	\$827.55	\$827.55
Hendersonville Men's Group	\$125.00	\$125.00
Liars Club	\$284.00	\$284.00
Library Group 672-283	\$75.00	\$75.00
Serenity Service Group 110-498	\$50.00	\$100.00
Sisters of Sobriety (H'ville) 715-661	\$205.71	\$205.71
Skyland Big Book Group 693-372		\$100.00
Sober Sisters - Flat Rock		\$120.50
Steps in Sobriety Group 728-947		\$42.90
Sunlight of the Spirit Group 727-048		\$183.00
Traditional Group 110-499	\$300.00	\$300.00
Waynesville Grace Group 110-692		\$520.00
Women's BBSS Group - Hendersonville	\$177.50	\$177.50
Women of Courage Group		\$50.00
Total Group Contributions:	\$2,566.76	\$4,597.52

Individual Contributions:		
Anonymous	\$1.76	\$17.00
Bob P.	\$100.00	\$100.00
Charles M.		\$100.00
Chris M.		\$100.00
Cythera W.	\$14.44	\$14.44
Dylan J.		\$9.83
Gerd S.		\$300.00
Jean R.		\$10.00
Jessica D.		\$10.00
Katherine H.	\$20.00	\$40.00
Kay G.	\$15.00	\$30.00
Kathleen L.		\$6.01
Marsha P	\$25.00	\$25.00
Sara D	\$100.00	\$100.00
Shannon K.	\$25.00	\$50.00
Sheila D.	\$20.00	\$40.00
Shelley F		\$2.00
Suzanne L	\$75.00	\$75.00
Tara B	\$93.03	\$93.03
Tom W.	\$20.00	\$20.00
Wm "Pat" D.	\$20.00	\$40.00
William R.		\$5.00
In Memory of B.G.	\$10.00	\$20.00
Total Individual Contributions:	\$539.23	\$1,207.31

Birthday Contributions:

Anonymous	\$19.55	\$27.87
Angie C		\$22.00
Bruce	\$3.00	\$3.00
Jill H.		\$18.00
Judy M	\$39.00	\$39.00
Total Birthday Contributions:	\$61.55	\$109.87

Mountain Doin's Subscriptions: \$0.00 \$0.00

Grand Total \$3,167.54 \$5,914.70

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!

\$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





\$5
\$5

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)

Birthday Contribution Envelopes are available for free at Central Office.

We also have envelopes for Birthday/Anniversary Contributions to the Central Office!

Stop by the Office to pick up envelopes for yourself or your group members. Or call us (828-254-8539) and we will mail envelopes to you. We thank all the A.A. members and groups who donate so generously!

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 or shipping!

Special Meetings and Events

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

Ongoing... District 71 Virtual Book Study. The AA Service Manual combined with The Twelve Concepts for World Service by Bill W. 2018-2020 Edition. Reflecting actions of the 2018 General Service Conference. Open to all AA members! 2nd and 4th Saturdays at 10:30 – 11:30 am. Zoom ID: 839 998 9177. See website for more information.

Freedom From Bondage Conference, which is normally scheduled for March, will not occur due to COVID restrictions. If conditions improve, they will try to have a shortened program later in the year. Keep checking the Area 51 website for updates:

Treatment Facilities Workshop. Saturday, April 3, 12:00-2:00pm. Panel, Q&A, sharing session, video. Zoom ID: 254 631 9921; passcode: 1kTGNf. For more information, email: tf@aanorthcarolina.org

Traditions & Transitions. Sunday, April 25, 2:00-4:00pm. Sponsored by District 23, Greensboro, NC; presented by Katy P, Past Delegate Panel 69. How to safely transition from meeting online to meeting in person while maintaining unity and practicing the traditions. Zoom ID: 882 2568 4923; passcode: D23. Questions? Email altdcm@nc23.org

13th Annual Spring Fling Convention - "We Are Responsible". April 23-25, St. Louis, MO. For registration information see website: <https://springflingstl.com/>


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:

The Service Express

District 70:


GSR Business Meeting – Held the 2nd Sunday of the month. The next meeting will be Sunday, April 11, via Zoom: 2:30-3:30pm. The link is on the www.ashevilleaa.org calendar. 


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 – Joe L. is Committee Chair. Contact him 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, Matt M, 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.


There is no Women's Chair at the moment; position needs to be filled. 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, April 10th, 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, April 18th, 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, April 8th, 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
2nd Chance Group - Cherokee		
Chase C.	4-30-2013	8 yrs
3 Legacies Group		
Craig F.	4-26-2017	4 yrs
Acceptance Group		
Bobby K.	4-01-2017	4 yrs
At Wit's End Group		
Jon L.	4-22-2015	6 yrs
Mat W.	4-23-2012	9 yrs
Alex C.	4-24-2014	7 yrs
Michelle B.	4-24-2005	16 yrs
Katherine A.	4-28-2014	7 yrs
Back to Basics Group - Weaverville		
Perry B.	4-15-1996	25 yrs
Black Mountain Group		
Jack F.	4-04-1991	30 yrs
Laura B.	4-04-1989	32 yrs
Brevard Serenity Group		
Sonia G.	4-02-2014	7 yrs
Laura J.	4-12-1977	44 yrs
Don O.	4-17-1987	34 yrs
Edie	4-24-2013	8 yrs
Burnsville Group		
Ila S.	4-07-2008	13 yrs
Ocean S.	4-09-1971	50 yrs
Jack L.	4-15-1980	41 yrs
Harold H.	4-21-2001	20 yrs
Jennifer	4-23-2015	6 yrs
Linda	4-30-2008	13 yrs
Conscious Contact		
Kathleen O.	4-01-1992	29 yrs
Susan A.	4-09-2017	4 yrs
John H.	4-16-2017	4 yrs
John G.	4-29-1980	41 yrs

Cumberland Group

Pete B. 4-19-2005 16 yrs

Daily Decisions Group

Brad D. 4-23-1990 31 yrs

Fellowship Group

Eric M. 4-08-2004 17 yrs

Ken W. 4-24-1990 31 yrs

Adaire T. 4-28-2018 3 yrs

Patty B. 4-28-2012 9 yrs

Good Livers Group

Jennings G. 4-01-2016 5 yrs

Ray D. 4-01-1986 35 yrs

Cathy E. 4-03-2011 10 yrs

T.J. B. 4-04-1980 41 yrs

Nikki M. 4-15-1989 32 yrs

Teresa F. 4-17-2019 2 yrs

Zoe H. 4-20-1987 34 yrs

Priscilla H. 4-30-1989 32 yrs

Grace Group

Amanda R. 4-01-2018 3 yrs

Andrew M. 4-04-2017 4 yrs

Rob H. 4-11-2020 1 yr

Frank T. 4-17-2011 10 yrs

Katie B. 4-19-2020 1 yr

Mary P. 4-20-2017 4 yrs

Brian M. 4-22-1978 43 yrs

Michelle J. 4-24-2005 16 yrs

Stuart P. 4-29-2002 19 yrs

Riley H. 4-29-2015 6 yrs

Beth T. 4-30-1993 28 yrs

Happy Hour Group

Lucy H. 4-15-1988 33 yrs

Bettina McM. 4-20-2019 2 yrs

Hendersonville Group

Chet 4-01-1978 43 yrs

Tabby D. 4-01-2019 2 yrs

Hendersonville Men's Group

Eric M. 4-08-2004 17 yrs

Leicester Group

Bob F. 4-21-1983 38 yrs

Library Group

Lucy B. 4-16-1985 36 yrs

Mars Gill Group

Timothy W. 4-01-2018 3 yrs

Frank T. 4-08-2007 14 yrs

Mission Group

Tina A. 4-24-2016 5 yrs

Riverside - Last Chance Group

Tommy L. 4-01-2009 12 yrs

Total Surrender Group

Patrick M. 4-04-2014 7 yrs

Bill G. 4-10-1997 24 yrs

Mike M. 4-11-1979 42 yrs

Leslie B. 4-11-2013 8 yrs

Roy S. 4-15-2007 14 yrs

Steve H. 4-21-2017 4 yrs

Traditional Group

Michael W. 4-08-2012 9 yrs

Holly 4-19-2018 3 yrs

United with Hope Group

Patty B. 4-28-2012 9 yrs

Waynesville Grace Group

Jackie J. 4-07-1989 32 yrs

Diane M. 4-11-2008 13 yrs

Sue B. 4-14-2010 11 yrs

Vicki M. 4-17-1981 40 yrs

Jennifer L. 4-29-2015 6 yrs

West Asheville Group

Rob 4-23-2004 17 yrs



District 71
Presents a new virtual
book study

The
A.A. SERVICE MANUAL

Combined With

TWELVE CONCEPTS
for WORLD SERVICE

by Bill W.



2018-2020 Edition

REFLECTING ACTIONS OF THE
2018 GENERAL SERVICE CONFERENCE

Open - Anyone may attend

The 2nd and 4th Saturdays of the month @ 10:30 -11:30 AM

Join us!!

Zoom ID# 839 998 9177, (Password: 71)



ZOOM ID: 254 631 9921
PASSWORD: 1kTGNf

Panelists

Dr. Al Mooney
Christopher Watts
Sara S. TFC D12
Yaw Obeng-Nsiah

Q & A

Sharing Session
Video

Contact for Info.

tf@aanorthcarolina.org



SATURDAY APRIL 3RD.

12:00 NOON - 2:00 PM

TREATMENT FACILITIES WORKSHOP

THIS IS AN OPEN MEETING FOR ANYONE WITH AN INTREST IN AA*

“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail.” p. 89



13th ANNUAL SPRING FLING CONVENTION

“We Are Responsible”

April 23 - 25, 2021



Friday 6:00 p.m. BBQ & Washers

Friday 8:00 p.m.

Don L. – Bellingham, WA

Friday 10:00 p.m. Young Person

Speaker

Stacy H. – St. Louis, MO

Saturday 10:00 a.m.

Georgia B. – La Crescenta, CA

Saturday 12:00 p.m. Al-Anon Luncheon

Saturday 1:00 p.m. Al-Anon Speaker

Sonia L. – Nashville, TN

Saturday 3:00 p.m. Spring Fling Hunt

Saturday 6:30 p.m. BANQUET

Saturday 8:00 p.m.

Paul W. – Sunset Beach, CA

Saturday 9:30 p.m. BINGO

Saturday 10:30 p.m. DJ & Dancing

Sunday 9:00 a.m. Breakfast

Sunday 10:00 a.m.

April S. – Boca Raton, FL

ACTIVITIES

FRIDAY

BBQ & Washer Games
Young People’s Meeting
Ice Cream Social
DARE Wheel

SATURDAY

Banquet
Table Trivia
Spring Fling Hunt
Bingo
DJ & Dancing

Hilton St. Louis Airport

Special Room Rate \$92

Mention Spring Fling code: spr

Reserve before 3/19/21 for reduced room rate

10330 Natural Bridge Rd

St. Louis, MO 63134

314-426-5500

See website for map

www.springflingstl.com

Spring Fling Chair – Dave B. 314-346-4279

Registration Chair – Michele S. 314-239-3939

springflingconvention@yahoo.com

Marathon Meetings &
Activities Room Open
All weekend long

FREE PARKING

PLEASE REGISTER EARLY!!!

www.springflingstl.com for PayPal or Venmo (preferred)– springflingconv

CONVENTION REGISTRATION FORM

Please complete and mail to Spring Fling Convention, PO Box 22002, St. Louis, MO 63126

Complete a separate form for each additional registration, which is REQUIRED FOR ADMITTANCE.

Make checks/money orders payable to Spring Fling Convention

Name: _____

Phone: _____ AA Al-Anon

Entering information below gives permission to receive mailings and/or newsletters from the Spring Fling Only.

Email: _____

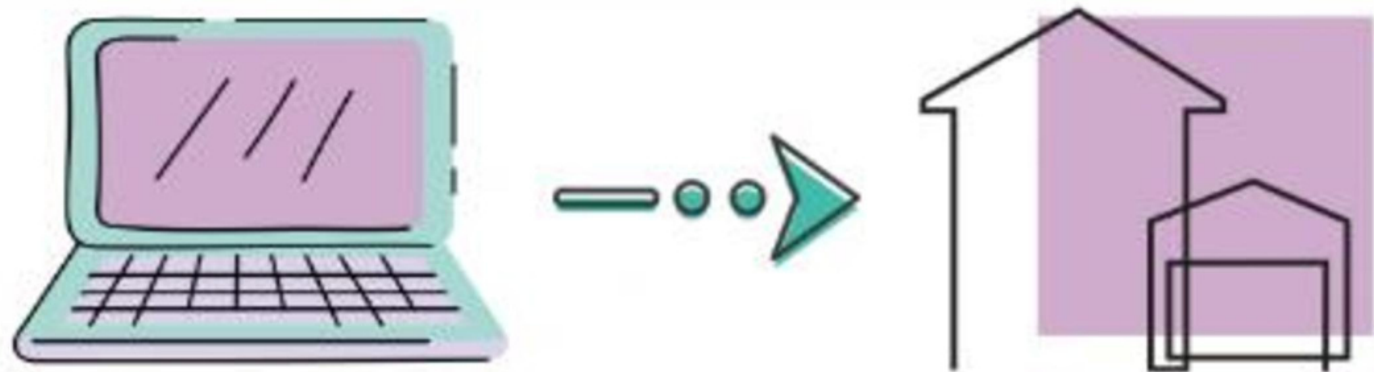
Address: _____

City _____ State _____ Zip _____

Pre-Registration or PayPal	\$15	_____
Door Registration	\$20	_____
Friday Night BBQ	\$9	_____
Friday Night Ice Cream Social	\$7	_____
Al-Anon Luncheon Saturday	\$25	_____
Banquet Saturday Night	\$35	_____
Sunday Breakfast Buffet	\$15	_____
Hospitality / Scholarship Donation		_____
Total Amount to be Paid		_____

Please list any special needs here: _____

Cut-off for mail-in registration is April 9, 2021



D23, AREA 51 - GREENSBORO, NC

TRADITIONS & TRANSITIONS

PRESENTED BY
KATY P, PAST DELEGATE PANEL 69

HOW TO SAFELY TRANSITION FROM MEETING ONLINE
TO MEETING IN PERSON WHILE MAINTAINING UNITY
AND PRACTICING THE TRADITIONS

SUNDAY, APRIL 25

2:00-4:00P

Zoom Meeting ID: 882 2568 4923

Passcode: D23

Questions? Email altdcm@nc23.org