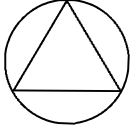


# MOUNTAIN DOIN'S

Central Office Newsletter

## MAY 2009



Published by the North Carolina Mountain Central Office (Districts 70, 71, & 80)  
NCMCO 206 Park Place Office Bldg, 70 Woodfin Place Asheville, NC 28801  
Phone: (828) 254-8539 Email: [ncmco@bellsouth.net](mailto:ncmco@bellsouth.net)  
[www.ashevilleaa.org](http://www.ashevilleaa.org) [www.aawnc80.org](http://www.aawnc80.org)

\$\$\$ HELP YOUR CENTRAL OFFICE SAVE MONEY ON POSTAGE \$\$\$

If you'd like to receive the *Mountain Doin's* and *Where & When* by email in PDF format, please send your e-mail address to [ncmco@bellsouth.net](mailto:ncmco@bellsouth.net). Thanks!

## Central Office Has a New Office Manager

We would like to welcome Myra B. as our new office manager. She worked at Central Office previously for about 2 years as a volunteer and is now back as a staff member. When she is not at Central Office, she works with her husband Dave in their real estate development company. She brings many years of valuable office experience and has lots of great ideas on how to improve things. Please bear with us as she gets up to speed on "How It Works" here at Central Office.

We want to wish both Martha P., the interim office manager, and Liz G. the previous office manager, well in their next adventures. Liz has moved to Maryland, and Martha has found fulltime work in her chosen profession. We so appreciate Martha, a regular volunteer, who stepped up (no pun intended!) to fill in during the transition to a new office manager. And many thanks to Liz for her service to the Central Office during her tenure as Office Manager.

## ...And a New *Mountain Doin's* Editor

Camille V. is the new *Mountain Doin's* editor as of the April 2009 issue. Camille has many years of experience creating graphic communications. She is the regular Thursday volunteer at Central Office. She's still getting up to speed on doing the newsletter and welcomes your feedback and input. We would like to make it more interactive and have more literary content contributed from groups and individuals rather than just make announcements and write ups about Central Office business. Tell us about your experiences in group conscience decision making, what works for your group that others also might like to try, or what didn't work that you can share as well. We would like to have people share what AA means to them, a story that illustrates the principles of AA in one's life, and letters to the editor of whatever is on your mind as it pertains to sobriety and AA or Central Office issues. **Write to us!**

The **Mountain Doin's** is *your* newsletter. Contributions of articles, jokes, poems, and any other material or suggestions are most welcome. Please be sure to provide us with any events your group or district is having so we can inform all about it. Also, remember to send in your group members' anniversaries including the date. (Note--we don't keep them from year to year.) **The deadline for submissions is the first of the month prior to the issue month.** For example, the cutoff for the June issue is May 1st. If you have flyers for your event please submit an electronic version in MS Word, Adobe Illustrator, PageMaker, or Acrobat PDF, or call Central Office if you're not sure how to send us your flyer. You can email Central Office at: [ncmco@bellsouth.net](mailto:ncmco@bellsouth.net). Please contact our Office Manager, at: **828-254-0454** or **800-524-0465**.

**Mountain Doins** is published monthly as an informational service to all A.A. members in western North Carolina Districts 70, 71, and 80. Opinions expressed herein are not to be attributed to A.A. nor does publication of any feature imply endorsement by A.A. or the N.C. Mountain Central Office. Material reprinted from A.A. World Services Incorporated, or from *The Grapevine* is published with permission.

# NCMCO Board of Directors NEEDS YOUR HELP!!!

Are you looking for a way to do service?

## NCMCO Board Secretary Needed

Can you type? Are you comfortable using a computer and know how to send emails? Do you know how to use a copy machine? Then Central Office Board of Directors needs your help! The Secretary takes minutes for COR and board meetings and then sends them to each of the groups in Western North Carolina.

Please help us to get important information out to all of our groups!

**If you'd like to volunteer for this position,  
please call the Central Office: 828-254-8539**

## MEETING CHANGES

### Asheville:

New: Sun. 7:00p Total Surrender Group – New Hope Presb. (OD)

New: Sat. 2:00p Serenity Service 697-G Haywood Rd. (OD)

New: Sun. 9:30a Serenity Service 697-G Haywood Rd. (OBG)

New: Sun. 6:00p Serenity Service 697-G Haywood Rd. (OD)

**Fletcher:** New: Mon. 6:30p – Fellowship Group - Calvary Episc. Ch. (MOD)

**Hendersonville:** New: Tues. 5:30 Plan B Group (OD) – Cox House

**Edneyville Group:** Sun., 2:30p (OD) change location to Mt. Moriah Bapt. Ch.–Gilliam Mt. Rd.(was St.Pauls Episc. Ch.)

**Cherokee:** Delete Tues, Thurs. & Sat 8:00pm meetings

**Highlands:** Mon. 8:00p change meeting type to (CD)  
Wed. Noon change meeting type to (OLS)

**Cashiers:** Tuesday 6:30 CBB group name is The Principles (Not Primary Purpose)

New: Friday CBB at 6:30p – The Principles Group - Selica Meth.Ch. 529 Selica Rd.

**Marion:** New Thurs. 12:00 noon Serenity Seekers (OD) Matthews Luth. Church – Court St.  
New Tues. 12:00 noon Serenity Seekers (BB) – Matthews Luth. Ch.

## Central Office Phone Log

*March 2009*

A.A. Crisis: 3

General Information: 30

Family Help: 3

Meeting Information: 72

Central Office Business: 49

Referrals for Medical Help/Detox  
Hospital, Etc.: 1

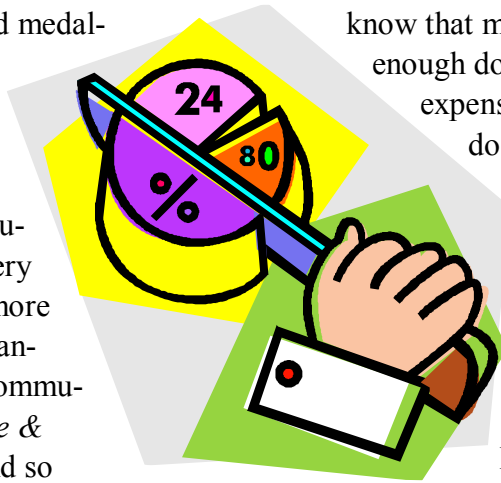
Visitors: 78

A request from a tele-service volunteer: If anyone has any information on low-cost or free emergency animal boarding for people



# Why should we give to Central Office and what do they do with it anyway?

Just imagine if we didn't have a Central Office to serve AA in Western North Carolina! Crisis calls would go unanswered, people looking for our meetings could not find out where to go and how to get there, each group would have to figure out how to get its own literature, chips and medallions, and other valuable support would not be there for the more than 100 groups that Central Office serves. The money that groups and individuals donate pays our rent in a very modest office space, an even more modest salary for our office manager, phone service, internet communications, publication of *Where & When* and *Mountain Doin's* and so much more. We run the office with volunteers and in-kind donations as much as possible. But without your financial support, Central Office cannot be there to support your group's important work of passing the message on to other alcoholics who still suffer and supporting those who are already in recovery.



We sell the literature we offer at our cost with only a slight mark-up for our S&H costs. Do you know any other organization, for-profit or not, that does that? Because of this, our operating expenses are only paid for by the generosity of the groups we support. We know that many groups feel that they barely receive enough donations in the basket to cover their own expenses. But imagine what AA groups could do to help others seeking recovery if those who are able to gave an extra dollar in the basket. For me, sobriety is priceless. I happily give an extra dollar to support the meetings that I go to. Sure beats the cost of therapy or a night out at the bar.

Below is a list that explains what AA World Service recommends to groups in sharing their revenue with the other supporting organizations in the structure of AA. After your group's expenses are met, this is how the money that it decides to distribute might get divided. It is only a suggestion, not a requirement. We've also listed where to send your donations for your information. *By Camille V.*

## **10% to District**

### **District 70 Treasurer**

P.O. Box 8574  
Asheville, NC 28814-8574

### **District 71 Treasurer**

DCM District 71  
P.O. Box 214  
Brevard, NC 28712-0214

### **District 80 Treasurer**

P.O. Box 1251  
Franklin, NC 28744

If you're not sure which District you are part of, please feel free to call us at NCMCO and we'll help you find your District!

## **10% to Area Committee**

### **Area 51 North Carolina Treasurer**

NCGSC  
P.O. Box 2566  
Fairview, NC 28730

## **30% to GSO**

### **General Service Office**

Grand Central Station  
P.O. Box 459  
New York, NY 10164-0423

## **50% to Central Office/Intergroup**

### **NCMCO (NC Mountain Central Office)**

70 Woodfin Place  
206 Park Place Office Building  
Asheville, NC 28801

# Area 51 Assembly

Spring, 2009

May 15-17 2009

All GSRs please plan to attend,  
event is open to all AA members.

Please see the "events" page at

[www.aanorthcarolina.org](http://www.aanorthcarolina.org)

# 51st **CARRY THE VISION** ICYPAA Atlanta, GA

International Conference of  
Young People in Alcoholics Anonymous

May 21 – 24th, 2009

Atlanta Marriott Marquis, Atlanta, Georgia

[www.icypaahost.org](http://www.icypaahost.org)

[info@icypaahost.org](mailto:info@icypaahost.org)

[registration@icypaahost.org](mailto:registration@icypaahost.org)

Todd: 770-364-7765

Lauren: 404-444-4555

Walker: 678-768-5222

ASL Meetings Available

# 26th Annual Women's Retreat

**May 21-24, 2009**  
**Camp Greer near Old Fort, NC**

You are invited to join us for the Twenty-sixth annual retreat of **ESSE QUAM VIDERI**. This Spiritual Retreat for **alcoholic women** offers a special time and place where we can share our "experience, strength and hope" with each other.

**Thursday arrival \$70.00**

**Friday arrival \$65.00**

(Includes housing and meals)

**For questions or to get a registration form, contact:**  
Ann C. at (919) 938-1400 or Meredith C. (704)987-8764.

**Registration deadline is:**

**MAY 16<sup>th</sup>**

(Call after the deadline for availability.)

## Traditions Workshop

**When:** Saturday June 6, 2009

**Where:** First Presbyterian Church, Tartan Hall  
26 Church Street, Franklin, NC

**Schedule:**

**Workshop** 2:00pm, (please arrive early so we can begin on time)

**Traditions Play:** 3:30pm

**Eating:** 5:00-6:00pm Please bring a covered dish to share,  
meat and drinks will be provided

**Speaker:** Area Delegate, Deborah A. 6:00-7:00pm

**Contact:** Penny (828) 631-3751 or John (828) 349-6038

**Directions:** From Hayesville take 64E, Franklin 441N Business Exit, bear left at 1st traffic light. Bottom of hill straight through light. Follow around to right. Left on 28N @ light. Just after Bryant Funeral Home, turn right on Church St. First Presbyterian Church is on left, parking in rear.

From Sylva: 441S. To first Franklin exit. Follow through to downtown. Take a right on 28N @ Bryant Funeral Home. Turn right on Church St. First Presbyterian Church is on left, parking in rear

*Follow signs into building. Tartan Hall is on right.*

# May Birthdays

## Against All Odds Group

Alisa S.	5/1/08	1 year
Brad	5/1/96	13 years
Sara Lynn	5/10/01	8 years

## Big Town Group

John L.	5/25/94	15 years
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## Black Mountain Group

Roger	5/13/01	8 years
Frank M.	5/16/88	21 years
David A.	5/26/80	29 years

## Brevard Serenity Group

Linn B.	5/15/96	13 Years
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## Brevard/Sylvan Valley Group

Linda M	5/05/03	6 years
David H	5/05/06	3 years
George D	5/13/81	28 years
Isabel L	5/16/85	24 years
Dawn C	5/20/06	3 years

## Bryson City Group

Charley P.	5/15/74	35 years
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## Cumberland Group

*(We missed these last month--sorry!)*

Karen A.	4/14/04	5 years
Joe H.	4/18/07	2 years
Catherine P.	4/20/03	6 years

Lee R.	5/8/92	17 years
Rusty M.	5/10/83	26 years
Ross S.	5/12/94	15 years
Michael S.	5/19/05	4 years
Karl	5/24/08	1 year

## Fletcher Group

Jim R.	5/11/05	4 years
Rusty H.	5/12/05	4 years
Ron H.	5/31/95	14 years

## Flat Rock Group

Tony E.	5/18/92	17 years
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## Grace Group

Jennie P.	5/1/	
David L.	5/7/	
Michael R.	5/8/	
Bruce K.	5/11/	
Mark M.	5/14/	
Anthony T.	5/15/	
Debbie P.	5/18/	
Bill C.	5/20/	
Ed H.	5/20/	

Terry W.	5/20/	
Dewey F.	5/23/	
Shirley E.	5/27/	
Grace	5/29/	
Chris C	5/30/	

## Library Group

Greg D.	5/4/07	2 years
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## Mid Day Group in Hendersonville

Karen T.	5/1/85	24 years
Joyce P.	5/6/91	18 years
Ken M.	5/8/06	3 years
Ed S.	5/11/06	3 years
Bruce R.	5/15/06	3 years
Lisa K.	5/15/06	3 years
Karen D.	5/17/90	19 years
Teresa H.	5/19/06	3 years

## Traditional Group

Brad B.	5/1/96	13 years
Herbert R.	5/3/85	24 years
Stan O.	5/8/97	12 years
Eugene P.	5/11/91	18 years
James L.	5/14/08	1 year
Kathy H.	5/17/92	17 years
Jane A.	5/24/06	3 years
Johnny K.	5/26/96	13 years
Bob K.	5/29/93	16 years

## Upward Road Group



Jim R.	5/5/05	4 years
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## Young People's Group

Andrew W.	5/1/01	8 years
Brian M.	5/2/08	1 year
Kelly J.	5/28/02	7 years
Sarah C.	5/29/05	4 years

# Group Donations



Group	March	YTD	Group	March	YTD
Acceptance		\$11	Locked in Forward		\$40
Against All Odds			Log Cabin		
Andrews			Lunch Bunch-Sylva		
Ash. Big Book Step Study	\$30.30	\$58.71	Maggie Valley		
AWOL	\$10	\$10	Maple Grove		
Back to Basics			Marion AA		
Bethel Up the River			Mars Hill		
Big Town		\$91.24	Marshall		
Black Mtn. Group	\$85.00	\$85.00	Men's Attitude Adjust.		
Blue Ridge		\$20	Mid-Day	\$105.35	\$233.35
Brevard Serenity		\$150	Mill Spring		\$20
Brevard Sylvan Valley			Mission of Sylva		
Bryson City			Monday Night Open	\$112.94	\$112.94
Burnsville			Mountain View		
Candler KISS			Mountainside		
Cashiers Valley		\$142.20	Murphy Big Book	\$10	\$20
Chunn's Cove Men's		\$175	New Day		
Clyde			New Hope		
Columbus		\$25	No Name		
Common Sense Group	\$25.00	\$54.86	No Nonsense		
Conscious Contact Ash.	\$152.00	\$724.77	No Place Like Home		
Conscious Contact Saph.			Nuevos Amigos		
Cullowhee Valley			Nuevos Despertar		
Cumberland			Old Fort		
Daily Decisions		\$335.39	Pathfinders		
Day by Day		\$240.85	Pisgah		
Dry Dock			Plan B		
Early Bird	\$82.70	\$82.70	Practicing Principles	\$75.00	\$75.00
Edneyville			Principles	\$4.47	\$4.47
11-11-11			Recovery By The River	\$31.65	\$65.65
Fellowship		\$187.50	Renacimiento		
Fireside			Roundtable		
Fletcher		\$1.73	Safe & Sound		
Fourth Dimension		\$40	Second Chance		
Franklin			Serenity- Waynesville		
Friday Women's			Serenity Seekers- Marion	\$40.00	\$40.00
Good Livers	\$100.00	\$100.00	Serenity Service	\$50.00	\$150.00
Grace Grp Asheville		\$400	Sisters in Sobriety		
Grace Grp Waynesville			Speed Bump		
Grace of God		\$20	Spruce Pine	\$50.00	\$50.00
Hand in Hand			Steppin' Up		
Happy Hour			Sunshine	\$50.00	\$50.00
Hayesville			Sylva		
Hayes. Lunch Bunch			Three Alarm		\$30
Hendersonville			Thurs. Afternoon Women's		
High Noon			Total Surrender		
Hilltop			Traditional		
Hot Springs			Tryon Thurs.		
Joy of Living		\$4.97	Tryon Tues.		
Kanuga		\$22.50	Tuesday Night Men's		
Lambda	\$150.00	\$150.00	Upward		
Ledger			West Asheville		\$100
Leicester		\$25	Women of Courage		\$100
Library		\$35	Women of Grace		
			Young People's		\$130.34

Would you like a subscription to *Mountain Doin's*?

**Contact Central Office: 828-254-8539 or [ncmco@bellsouth.net](mailto:ncmco@bellsouth.net)**

**Mountain Doin's Annual Subscriptions:**

**Groups:**

2 copies mailed monthly

No charge

*Pick up from Central Office*

*Deliver by mail*

5 additional copies

\$10.00 per year

\$22.00 per year

10 additional copies

\$20.00 per year

\$37.50 per year

15 additional copies

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\$48.00 per year

20 additional copies

\$30.00 per year

\$65.00 per year

**Individual Members:**

Single copy monthly

\$7.00 per year

Please circle which of the above you wish to receive and make out check or money order accordingly. Subscription rates are subject to change, depending upon USPS rates.

Clip and mail with check or money order to:

**N.C. Mountain Central Office**

**206 Park Place Offices**

**70 Woodfin Place**

**Asheville, NC 28801**

Group &/or Individual Name \_\_\_\_\_

Street/P.O. Box No. \_\_\_\_\_

Town, State and Zip Code \_\_\_\_\_

Amount enclosed \_\_\_\_\_

North Carolina Mountain Central Office

206 Park Place Offices

70 Woodfin Place

Asheville, NC 28801

Address correction requested

Town and Zip Code