



# MOUNTAIN DOIN'S

## Central Office Newsletter

### December 1999




Published by the North Carolina Mountain Central Office (Districts 70, 71, & 80). Address: 107 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801. Phone: Buncombe County: 254-8539. Elsewhere in WNC: 1-800-524-0465



### District 70 Eatin' Meeting in Marion, N.C.

Sunday, December 12, 1999

**Marion Community Building**  
N. Main Street

GSR Meeting: 3 P.M.  
Eating: 4 P.M.  
Speaker: 5 P.M.

Plates, utensils, napkins, soft drinks and coffee provided. Please bring your favorite Covered Dish.  
Contact Chuck E. 659-2865 for more information

How to get there: Take 221 North Exit off I-40 at Marion and go North. It's 4 blocks North of the Courthouse which will be on your right in the middle of town. The meeting is at the Marion Community Bldg. which is a rock bldg. next to the tennis courts and will be on your left.

Call (828) 674-4203 (Chuck's cell phone) if you get lost



### District 80 Eatin' Meeting in Otto, N.C.

Sunday, December 12, 1999

**Otto Community Center**  
on Fire House Road

Eating at 2 P.M.—3 P.M.  
Speaker at 3 P.M.—4 P.M.  
Short Business Meeting  
at 4 P.M.

Sponsored by  
A Way of Life Group (AWOL)

Please bring a Covered Dish

**Join us for fellowship and fun**

### District 71 Eatin' Mtg., Central Office Mtg., & GSR Mtg.

As reported in November *Mountain Doin's*, the District 71 Eatin' Meeting, Central Office Mtg., and GSR Mtg. will be held on Sunday, December 5, 1999, at Unitarian Universalist Fellowship Church, Kanuga Rd., Hendersonville. Meeting times are: GSR Mtg. 2.30P.M., Central Office Mtg., 3P.M., Eating, 4P.M., Speaker, 5P.M. The Church is exactly two miles South along Kanuga Road from Main St., Hendersonville. The Church is on the right-hand side of Kanuga Rd., at the traffic light where Kanuga meets Price Rd.

*Mountain Doin's* 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 by the N.C. Mountain Central Office. Material reprinted from A.A. World Services Incorporated, or from *The Grapevine* is published with permission.



# Christmas Alcathons

## Christmas and New Year's Holidays

### Asheville

Round the clock meetings  
Food and Fellowship  
at

**Blue Ridge Center for Mental Health and Substance Abuse**

corner of Biltmore and Choctaw Ave.  
(Next to St. Joseph's Hospital)

**6 P.M. Christmas Eve/New Year's Eve until**

**6 P.M. Christmas Day/New Year's Day**

#### Service Opportunities:

		Christmas	New Year's Eve
Speaker/Chair Mtgs contact:		Bob P. 645-4259	Fran R. 645-6060
To Bring Food: contact		Susie B. 628-2776	Molly W. 254-8840
Setup: contact		Jeff C. 271-948	Jeff C. 271-9484
Cleanup: contact		Adam F. 258-3592	

## Christmas Alcathon

### Hendersonville

Hosted by The Hendersonville Group

The Hendersonville Group has planned a **Christmas Alcathon** to run from Noon, Friday, December 24, through Noon Sunday, December 26, at their meeting place: **818 Greenville Hwy., Hendersonville**

(Next building south of Food Lion).

**Open meetings every other hour** will be followed by **food and fellowship** around the clock. The Group is furnishing beverages and table ware. This is a pot-luck affair, so please bring a dish to share and a friend.

For more information contact  
Joe Mc. at 685-2671 or Bill H. at 697-2845

## Central Office Phone Log



"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."

### Phone Log 10-4-99—10-29-99

Answering Service Calls	228
General Information	11
A.A. Help	3
Family Help (Al-Anon)	12
Meeting Information	80
Central Office Business	73
Medical Help (Hospital, Detox, etc.)	6
P.I. Calls	0
Others	4
Visitors	55

## Office Register Name Change

Anyone visiting N.C. Mountain Central Office will note that on the Register of office names presented in the entrance hall of our office building, our Room number of 107 is now listed under the name of Alcoholics Anonymous



## Fellowship News

**New Group: The Upward Group** has been formed and meets in the gym. behind the Upward Seventh Day Adventist Church, 961 Upward Rd., Flat Rock, on Tuesdays at 8 P.M. and Fridays at 6 P.M. The meetings are open, discussion, nonsmoking.

**Name Change:** The Franklin Tuesday 7.30 A.M. meetings and the Thursday 12.30 P.M. meetings held at St. Agnes Episcopal Church, 39 Church St., have changed their name from The Common Sense Group to **The Church Street Group**. All Common Sense Group mtgs. held at other locations remain as listed.



# Happy Birthdays

## Acceptance Group

Tom M.	12-1-91	8 years
Kathy J.	12-5-98	1 year
Monica B.	12-7-94	5 years
Stan B.	12-10-76	23 years
Ginger C.	12-15-90	9 years
Phil T.	12-16-94	5 years
Laura H.	12-23-97	2 years
Jack W.	12-25-91	8 years
Matt	12-28-98	1 year
Richard M.	12-29-97	2 years
Mike Mc	12-31-84	15 years

## Bethel Up The River Group

Henry W.	No date given	15 years
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## Black Mountain Group

Edith P.	12-2-54	45 years
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## Brevard Group

Jimmy C	12-17-83	16 years
Woody P.	12-26-81	18 years
Steve H.	12-28-90	9 years
Sandy W.	12-29-88	11 years
Heidi C.	12-22-90	9 years

## Conscious Contact Group

Joe T.	12-8-96	3 years
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## Early Bird Group

Marta B.	12-1-96	3 years
George K.	12-14-71	28 years

## Grace Group (Asheville)

Gayle M.	12-2-93	6 years
Doug M.	12-4-85	14 years
Tim H.	12-7-87	12 years

Judy L.	12-17-94	5 years
Matthew H.	12-23-97	2 years
Steve P.	12-26-95	4 years

## Grace Group (Waynesville)

Sue S.	12-18-87	12 years
Harry M.	12-27-92	7 years
Anna H.	12-27-97	2 years
Thomas R.	12-24-89	10 years

## Hendersonville Group

Tony T.	12-15-97	2 years
Rick S.	12-23-96	3 years
Ted A.	12-7-88	11 years
Larry N.	12-24-96	3 years
Norma H.	12-11-89	10 years
Sandra C.	12-23-95	4 years
Maurice S.	12-21-80	19 years
Deborah R.	12-22-97	2 years
Kathy K.	12-24-92	7 years
Jon B.	12-6-92	7 years

## Maple Grove Group

LuAnn L.	12-26-84	15 years
Mark J.	12-07-92	7 years

## Midday Group

Dave W.	12-6-98	1 year
Sue P.	12-27-88	11 years
Debra R.	12-22-97	2 years
Brian	12-10-76	23 years

## No Name Group (Murphy)

Sage	No date given	17 years
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## Hendersonville Thurs. Afternoon Women's Group

Audrey R	12-2-77	22 years
Carol C.	12-11-85	14 years

## Traditional Group

Don O.	12-11-93	6 years
Hazel L.	12-12-94	5 years
Robert S.	12-28-95	4 years
Kelser H.	12-26-97	2 years
Sandy B.	12-12-96	3 years
Jesus A.	12-11-??	? years

## Home Group Importance

For many A.A.s, the Home Group is where we first learn to take responsibility stone cold sober—for passing the basket, making coffee, stacking chairs—so that in time, we can assume responsibility for our lives. It is in the Home Group that we start to do Twelfth Step work so that we can pass on to others what has been so freely given to us, and it is there that we can learn about the rest of the Fellowship and how it works.

Lejeune D., of California, points to other advantages of belonging to a Home group: "That feeling of belonging is a new experience for many of us who have known the sense of isolation and loneliness for so long. Saying that I am a member of a Home Group is a way of saying 'I belong.' It means that I am responsible to the Group and care that it is there for

the sick alcoholic who walks in for the first time."

The Home Group that has a goodly number of members has little trouble finding volunteers for the various offices and tasks at hand. For many A.A.s, it is the world in microcosm. Learning to function as part of a group—to cope with its ongoing problems, joys, and interrelationships—often provides the first crucial step toward functioning sober at home, at work, and in all our affairs.

Despite occasional irritations, says former Arkansas delegate Ann B., experience has shown that, while most A.A. "members are generally welcome at the meeting of all groups, and feel at home at these meetings, the Home Group remains the strongest bond between the individual A.A. member and the Fellowship." Excerpted from *Box 4-5-9 Feb.*



# Treasurer's Report



N.C. Mountain Central Office, Inc. Financial Report for the month of October, 1999

## INCOME

### Group Contributions

Acceptance Group	\$50.00
Acceptance Group	\$764.76
Bethel Up The River Group	\$40.00
Black Mountain Group	\$140.00
Blue Ridge Group	\$150.00
Brevard Group	\$50.00
Cashiers Valley Group	\$333.00
Day By Day Group	\$100.00
Early Bird Group	\$135.00
Hendersonville Happy Hour Group	\$50.00
Hendersonville Group	\$101.54
Maggie Group	\$50.00
Maple Grove Clyde Group	\$50.00
Midday Group	\$90.00
New Hope Group	\$25.00
No Name Group	\$10.00

Reaching Out Group	\$10.00
Just For Today Group	\$37.00
Leicester Group	\$25.00

<b>Total Group Contributions</b>	<b>\$2211.30</b>
<b>Individual Contributions</b>	<b>\$200.00</b>
<b>Total Contributions</b>	<b>\$2411.30</b>

### Financial Statement as of 10/31/99

Bank Balance	\$578.82
Deposits 10/15/99 and 11/01/99	\$3466.00
Cash On Hand	\$27.76
Checks On Hand	\$62.00
Accounts Receivable	\$605.95
<b>Subtotal</b>	<b>\$4678.53</b>
Outstanding checks	-\$3083.14
Reserve for Tax Liability	-\$91.80
Reserve For Copy Machine	-\$150.00
Reserve for Correctional Facilities	-\$116.43
<b>Total</b>	<b>\$1399.16</b>

Notice: Since approval by the Board on 3/9/97 \$3102.03 in A.A. literature has been used by Groups bringing meetings to correctional facilities.

## The Joys of "Notting"

Last Christmas I discovered *notting* and applied it with spectacular improvement in my enjoyment of the season.

*Notting* is *not* doing something. Anything less than the orgy of self-indulgence with which I once associated Christmas qualifies as satisfactory *notting*. To one who had never denied himself anything his little heart desired until he entered A.A., the joys of *notting* were a refreshing experience indeed.

Not drinking, of course, was my first, involuntary, try at *notting*. With not drinking, there was no more tipping over the tree, showing up late on Christmas Eve, or drowning out the merry carols with my constructive analysis of my wife's character defects.

Not drinking made Christmas so much better that I thought I would see if other forms of *notting* would improve the season even more. Not carding, for example, or not caroling, or not treeing, or maybe even not gifting.

So, in a spirit of pioneer enthusiasm, I proposed *notting* last Christmas as a way of life to my family.

Not carding was a moderate success. My bride concurred in the purge from our Christmas card list of relatives, and all my former drinking buddies. She balked at the elimination of her relatives.

Not treeing fell into the area of "things I cannot change," and had to be borne with good grace.

So I suggested not gifting. But again, the usual mound of gifts grew under the tree, as each family member made sure he or she was not caught short giving less than the presents received.

Not caroling met with the unqualified endorsement. It was specified that it was my caroling, not anyone else's, that was to be *notted*.

With these partial victories, I retired from the fray.

It is one of the ironies of Christmas that, to me, it is a redundancy; if I try to practice the A.A. way of life, Christmas becomes a repetition on a smaller scale of what I have been trying to do all year—extend love to others. In fact, the observation of Christmas even was accompanied by twinges of guilt because I had drawn my circle of love inward rather than expand it outward, as I try to do night after night in Alcoholics Anonymous meetings.

But *notting*, in its way, declared my independence of the superficialities of Christmas, and that does not necessarily mean abandoning them. By *notting*, even unsuccessfully, I have looked at the rituals surrounding Christmas and have seen them for what they actually are. And then I have kept some of them, because they have been around me for so long and I have grown fond of them.

That helps to keep Christmas in focus and, above all, simple. Making it simple and keeping it simple are the only ways I seem to learn anything.

Adapted from *The Grapevine*.



## New Where and When Published

A new, updated *Where and When*, dated Winter 1999—Spring 2000 is now available at Central Office. As announced in the November issue of *Mountain Doin's*, due to Central Office financial obligations the cost of the new *Where and When* has been increased from 5¢ to 10¢ per copy. (The publication still costs Central Office 15¢ per copy to produce.)

All Groups or individuals are invited to pick up copies of the new *Where and When* from Central office from 10 A.M. to 1 P.M. Mondays through Fridays, or order copies by phone or mail. The Central Office address is given on the front page of *Mountain Doin's*.



## Calendar of Events

Events listed here are presented solely as a service to readers, not as an endorsement by the General Service Office or by the North Carolina Mountain Central Office. For any additional information, please use the addresses or phone numbers provided.

**Sandlapper Roundup VIII**, December 3-5, 1999, at Landmark Resort Hotel, Myrtle Beach, South Carolina. For the eighth consecutive year the Sandlapper Roundup will bring to Myrtle Beach a terrific line-up of A.A. and Alanon speakers. For full details, call Linda, Jonathan, or Dennis, at (843) 238-2694 during business hours.

Email address: dhs1824@yahoo.com

## We Want to Hear From You

We welcome letters from our readers, and we encourage all to send the Editor letters about any aspect of A.A. that they like or that bothers them. Or questions, suggestions, or thoughts. By voicing your thoughts through letters to the Editor you are, in fact, doing Twelfth Step work, for it is by sharing that our Fellowship gains.

Need some ideas? Here are a few subjects that are always of interest to our readers.

- Questions about A.A. and Central Office.
- How A.A. has helped you.
- What do you think would help others?
- What disturbs you about some A.A. meetings?
- Some surprises you have had in the program.
- How you've learned to handle relations or situations

Send all letters and ideas to The Editor, Mountain Doin's, 107 Park Place Offices, 70 Woodfin place, Asheville, NC 28801.

We look forward to hearing from you. Your Editor, Alan.

# MOUNTAIN BREWINS

*Mountain Doin's*, NC Mtn. Central Office



An alky was chatting to his pal about the upcoming Christmas Day. "I want to buy her a present," he said. "What d'you think she'd like?" "Does she like you?"

"Oh, yes, I'm sure she likes me."

"If she likes you she'll like anything!"

X X X

Alky Charlie approached the counter at which Christmas cards were being sold.

"Have you anything sentimental?" he asked.

"Here's a good one," replied the sales-girl. "To the only girl I ever loved."

"That's fine! I'll take four—no—six of those."

X X X

At Christmas time every alky gal wants her past forgotten and her present remembered.

X X X

The bus was crowded by the pre-Christmas rush with passengers packed even into the aisle. One of them, a thoroughly lubricated man, became aware that the heavy-set woman next to him was standing on his foot. When he politely protested to her, she snapped, "Why don't you put your foot where it belongs?"

"Don't tempt me, ma'am," he answered. "Just don't tempt me!"

X X X

On Christmas Eve the alky walked into the bar and said to the bartender: "I came in here to get something for my wife."

Said the bartender: "O.K. What are you asking for her?"

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