

MOUNTAIN DOIN'S

Central Office Newsletter

December 2000



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 71 Eatin' Meeting, GSR and Central Office Mtgs.

Sunday, December 10, 2000

At Unitarian Universalist Fellowship Church, Kanuga Rd.,
Hendersonville

Corner of Kanuga and Price Roads, just 2 miles south from Main/Church Sts.

(Note: Church is on right. On left, diagonally, is Time Saver Shop/Exxon Gas Station)



GSR Mtg. 2.30 P.M. Central Office Mtg. 3.00 P.M.

Please bring covered dish.

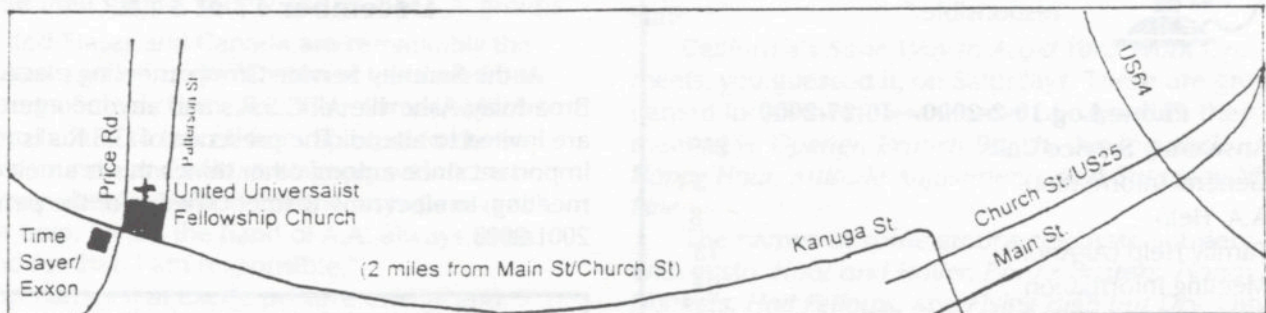


Eating at 4.00 P.M.



Speaker at 5.00 P.M.

Join us for Fun, Food, and Fellowship



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.

Cost of production and distribution of *Mountain Doin's* has been increased, resulting in an increase in subscription rates. The new subscription rates are published on the back page of this issue of *Mountain Doin's*.

Christmas Alcathon Hendersonville

Hosted by The Hendersonville Group

The Hendersonville Group has planned a Christmas Alcathon to run from Noon, Sunday, December 24 through Noon, Tuesday, December 26, at it's meeting place at 818 Greenville Hwy., Hendersonville.
(Building next to Food Lion)

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

For more information, contact
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 10-2-2000—10-27-2000

Answering Service Calls	269
General Information	3
A.A. Help	8
Family Help (Al-Anon)	13
Meeting Information	94
Central Office Business	70
Medical Help (Hospital, Detox, etc.)	6
P.I. Calls	0
Others	0
Visitors	54

A Yuletide You'll Love

Many seasonal opportunities for sober activities are offered in our Western North Carolina area this year. Pick whichever suits you, and enjoy many fond experiences of A.A. fellowship.

Serenity Service Group

Thanksgiving, Christmas, New Year's Eve, and New Year's Day at **Serenity Service Group, 107 Broadway, Asheville.**

Thanksgiving: Open House activities on November 23 and 24, each day from 8 A.M. to 10 P.M.

Christmas: Open House activities on December 24 and 25, each day from from 8 A.M. to 10 P.M.

New Year's Eve : Open House activities on December 31 from 8 A.M. to 1 A.M. Jan 1.

New Year's Day: Open House activities on January 1, from 8 A.M. to 10 P.M.

Grace Group, Asheville

Christmas meetings on December 24 and 25 at Blue Ridge Center, 356 Biltmore Avenue, Asheville, from 6 P.M. December 24, to 6 P.M. December 25.

District 80 Eating' Meeting

December 10 at Jackson County Community Center, Hospital Road, Sylva. Hosted by the cities of Sylva and Cullowhee's groups of A.A.

Covered Dish Dinner (meat and drinks provided) at 2 P.M. Speaker at 3 P.M.

District 70 Business Meeting December 17 at 3 P.M.

At the Serenity Service Group, meeting place, 107 Broadway, Asheville All G.S.R.s and anyone interested are invited to attend. The presence of G.S.R.s is most important since among other things this is an election meeting, to elect new District Officers for the period 2001-2003.

Things We Cannot Change

Jim T., Back To Basics Group Weaverville, passed away after twenty-two years of sobriety. Ed. H., passed away. Ed was a retiree from The First Step Farm, Candler
In Memoriam



Happy Birthdays

Acceptance Group

Stan B.	12-10-76	24 years
Jerry R.	12-15-99	1 year
Phil L.	12-16-94	6 years
Mary D.	12-20-84	16 years
Mike M.	12-31-84	16 years

Black Mountain Group

Edith B.	12-2-54	46 years
----------	---------	----------

Brevard Group

Woody P.	12-26-81	19 years
Jimmy C.	12-17-83	17 years
Steve H.	12-28-90	10 years
Heidi C.	12-22-90	10 years

Conscious Contact Group

Joe T.	12-?-96	4 years
--------	---------	---------

Grace Group (Asheville)

Doug M.	12-4-85	15 years
Candy M.	12-4-89	11 years
Tim H.	12-7-87	13 years
Matthew H.	12-23-97	3 years
Steve P.	12-26-95	5 years

Sharon H.	12-27-92	8 years
-----------	----------	---------

Grace Group (Waynesville)

Sue S.	12-18-87	13 years
Harry M.	12-18-91	9 years
Anna H.	12-27-97	3 years

Hendersonville Group

Ted A.	12-7-88	12 years
Norma H.	12-11-89	11 years
Maurice S.	12-21-80	20 years
Debra O.	12-22-97	3 years
Jon B.	12-6-92	8 years
Sandra C.	12-23-95	5 years
Tony T.	12-16-97	3 years
Brian M.	12-10-75	25 years

Maple Grove Group

Mark J.	12-7-92	8 years
---------	---------	---------

Midday Group

Marcia B.	12-?-99	1 year
John J.	12-14-99	1 year
Jacki R.	12-31-99	1 year
Stan D.	12/27/99	1 year
Dave W.	12-7-98	2 years
Kate G.	12-14-92	8 years
Sue P.	12-27-88	12 years

Thursday Afternoon Women's Group

Audrey R.	12-2-77	23 years
Aleen	12-5-82	18 years
Jo Ann P.	12-31-89	11 years
Carol C.	12-11-85	15 years

Group Names—from Spiritual to Downright Funny

Despite their infinite variety, the 51,496 A.A. groups in the United States and Canada are remarkably the same, linked as they are by kinship in freedom from the suffering of alcoholism. And their names, which range from factual to lyrical, from spiritual to downright funny, punny, and wild, are simply variations on the common theme: "When anyone anywhere reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible."

Group names that exude positive energy and hope include *Bridge over Troubled Waters*, *Turning Point*, *Show and Grow*, and *Hoop of Hope*. Not surprisingly, many groups are variously called *New Hope*, *Fresh Start*, *Second Chance*, *Serenity*, and *Came to Believe*.

Then there are groups with monickers that keep Twelfth Stepping firmly in mind: *Helping Hands*, *Live It or Leave It*, *Giving It Back*, *Give and Take*, *Pass It*

On, and *Let It Begin With Me*.

With sobriety comes a renewed sense of humor. Would you believe there's a *Wrath of Grapes Group* in New Jersey? And *Midnight Sons* in Alaska? Not to leave out the *Tuesteppers* (which meets on Tuesdays, of course), and the *Bare Bulb Group* in Washington State.

California's *Sane Way to Avoid Yard Work Group* meets, you guessed it, on Saturdays. There are groups named for all the different times of day when they meet—*Eye Opener*, *Brunch Bunch*, *Out to Lunch*, *Happy Hour*, *Attitude Adjustments*, and *Saturday Night Live*.

The names of some groups celebrate sobriety with gusto: *Hoot and Holler*, *Booze Busters*, *Happy Honkers*, *Hail Fellows*, and *Flying High but Dry*. Others pay tribute to their members as *Wrecks No More*, *Beautiful People*, *Earth Angels*, and *Winners*.

The slogans make popular group names: *Easy Does It*, *One Day at a Time*, *Keep It Simple*. And in Camden, Alabama, there is a Correctional Facilities group that savors the joy of sobriety. It's called *Don't Worry, Be Happy*.

Extracted from *Box 4-5-9*, Apr-May 1992.



Treasurer's Report

N.C. Mountain Central Office, Inc. Financial Report for the month of October, 2000

INCOME

Group Contributions

Acceptance Group	\$50.00
AWOL Group	\$15.00
Black Mountain Group	\$150.00
Brevard Group	\$50.00
Common Sense Group	\$75.00
Cumberland Group	\$288.00
Day By Day Group	\$100.00
Franklin group	\$30.00
Happy Hour Group	\$50.00
Hayesville Group	\$50.00
Hendersonville Group	\$82.64
Joy of Living Group	\$31.65
Mars Hill Group	\$100.00

Reaching Out Group \$10.00

Total Group Contributions	\$1082.29
Individual Contributions	\$105.00
Total Contributions	\$1187.29

Financial Position as of October 1, 2000

Bank Balance	\$2117.09
Deposits 10/11 & 10/24 & 10/31	\$2506.49
Cash On Hand	\$27.26
Accounts Receivable	\$224.93
Subtotal	\$4875.77
Outstanding checks	-\$2634.03
Reserve for Tax Liability	-\$91.80
Reserve For Copy Machine	-\$200.00
Reserve for Correctional Facilities	-\$70.39
Reserve for CPC/PI use	\$78.50
Total	\$1801.05

To help the Central Office maintain a healthy cash flow, we request that groups pay their bills for material every two weeks. Thank you for your help.

A.A.s Everywhere Share Holiday Joy

For many A.A.s, especially those closest in time to their last drink, "any holiday can be trying," points out an article in the December 1947 issue of the A.A. Grapevine. "The Yuletide, with its extended period of fun and frolic starting before Christmas and carrying on through New Year's, can be the hardest."

Signed simply, "T.D.Y.," the article notes that "Just one won't hurt you." He's proud we joined A.A. and stopped drinking. . . but he doesn't quite understand why 'just one' during this season of celebration will hurt us.

"The Yuletide poses a choice—we can take the short view or the long one, the dim view or the bright one. We can be worried and miserable, or relaxed and happy. Or, to put it bluntly, we can get drunk or we can stay sober."

Every day of the holiday season is still only 24 hours long, the writer reminds us. "Eight of those hours can be disposed of easily by taking the doctor's advice about sleeping. So that leaves only sixteen hours for a lifetime of sobriety. Furthermore, a good share of those 16 hours can be filled with A.A. friends and A.A. talk and A.A. thoughts.

"But time is not the only consideration. Santa Claus, it has often been said, comes only once a year for most people. Must we not admit that he has been coming every day for however many days we have been sober, after all those years of being drunk, physically or mentally? What better gift could one give an

alcoholic than sobriety?"

Judging from the cards that yearly flood the General Service Office, thousands of members everywhere would agree with the writer that the holidays bring us "a warm reminder of all the good we have received and now can pass on to others, and that where we once had little to give, we now have much."

As in the past, they hail from as near as Canada and the Carolinas; from as far as Sweden, south Africa, India, Cambodia and the Philippines.

"May God's loving grace wrap around all of you," writes a member in Massachusetts. "If only the hands that reach could touch," says a Wichita, Kansas A.A. And the staff of Uruguay's General Service Office extends best wishes for many happy 24 hours' recovery in A.A.

What makes this holiday so special is that, for the first time, fledgling groups in Bulgaria, Cuba, Romania, and the Soviet Union are closing the A.A. circle of good will, gratitude and love that crosses Eastern Europe and spans the world.

From Bucharest comes a "heartfelt thank you for extending the hand of A.A. to suffering alcoholics everywhere." And, adds a bilingual member in Havana, Cuba, "Happy Holidays, and thank you for my sobriety, the best gift of all."

In holiday cards sent to G.S.O., many members observe the spirit of the Anonymity Tradition by signing only their first names and last initials. But one American A.A., taking no chances, writes, "Thanks for today—Love, Me." Which shows how grateful and anonymous an A.A. can be. Excerpted from Box 4-5-9.

Daily Reflections Flip Top Calendar Version

flip the page day by day.

An excellent Christmas gift. The Daily Reflections Flip Top calendar version, just recently published by the General Service Office, will be a popular novelty for personal use or as a Christmas gift to a friend. Order now for a copy for friends in our A.A. fellowship.

The Flip Top calendar version is available from Central Office for \$10.75.

Those Other People

"Just like you, I have often thought myself the victim of what other people say and do. Yet every time I confessed the sins of such people, especially those whose sins did not correspond exactly with my own, I found that I only increased the total damage. My own resentment, my self-pity would often render me well-nigh useless to anybody.

"So, nowadays, if anyone talks of me so as to hurt, I first ask myself if there is any truth at all in what they say. If there is none, I try remember that I too have had my periods of speaking bitterly of others; that hurtful gossip is but a symptom of our remaining emotional illness; and consequently that I must never be angry at the unreasonableness of sick people.

"Under very trying conditions I have had, again and again, to forgive others—also myself. Have you recently tried this?"

—Letter from Bill W. published in *As Bill Sees It*, page 268

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 BREWING'S

Mountain Doin's, NC Mtn. Central Office



Christmas in most alky's homes is a widely observed holiday in which neither the past nor the future is of as much interest as the present.

X X X

Said the alky to the bartender, "I want to buy my girlfriend a present for Christmas. What do you think she would like?"

Bartender: "Does she like you."

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

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

X X X

A North Carolinian was in the habit of giving his alcoholic Dad unusual gifts on Christmas Day. This year he purchased a rare talking bird that had been taught to speak in three languages and actually sing *Carolina Moon*. The talented bird was very expensive but the son thought it might help his father stay off the booze somewhat.

After Christmas he called his father. "Dad, how did you like the bird?"

His father responded, "It was delicious!"

X X X

Said one alky's wife to another: "What did your husband give you for Christmas?"

Replied her friend: "Not a thing! The cops caught him just as he was bringing it home!"

X X X

Two drunks were enjoying Christmas at the bar. "I'll have a bite to eat," said Fred as he plucked the olive from his martini.

"Ah!" said his pal. "That calls for an after-dinner drink!"

Would you like a subscription to *Mountain Doin's*? Just fill in the form below and mail to the address below

Mountain Doin's Order Form

Mountain Doin's Annual Subscriptions:

Groups:

3 copies monthly	No charge <i>Pick up from Central Office</i>	<i>Deliver by mail</i>
5 additional copies	\$10.00 per year	\$20.00 per year
10 additional copies	\$20.00 per year	\$35.00 per year
15 additional copies	\$25.00 per year	\$45.00 per year
20 additional copies	\$30.00 per year	\$60.00 per year

Individual Members:

Single copy monthly \$6.00 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, dependent upon USPS rates.

Clip and mail with check or money order to:

N.C. Mountain Central Office
107 Park Place Offices
70 Woodfin Place
Asheville NC 28801

Group or Individual Name _____

Street P.O. Box No. _____

Town and Zip Code _____

North Carolina Mountain Central Office
107 Park Place Offices
70 Woodfin Place
Asheville NC 28801

Address correction requested

Place
Postage
Stamp
Here