

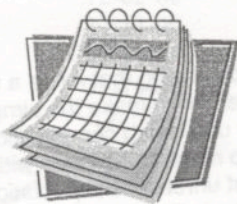
MOUNTAIN DOIN'S

Central Office Newsletter

DECEMBER 2004



Published by the North Carolina Mountain Central Office (Districts 70, 71, & 80)
107 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801
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NOVEMBER 28th: SUNDAY 20th Anniversary: Round Table Group

Mt. Pisgah Lutheran Church
Hwy. 64E. Past Ingles at Howard Gap Rd.

Eat: 6PM
Meeting: 8PM

DECEMBER 16th: THURSDAY Candlelight Dinner Meeting

Black Mountain United Methodist Church
Black Mountain, NC (across from Dripolator on Hwy. 70)

Eat: 7PM
Discussion meeting: 8PM

Please bring candle, holder, and covered dish.
SPONSORED BY: BLACK MOUNTAIN GROUP

DECEMBER 24th-NOON UNTIL MIDNIGHT ON 25th

Hendersonville Alcothon

818 Greenville Hwy, First building south of Food Lion.

Meetings & Fellowship around the clock.
HOSTED BY: HENDERSONVILLE GROUP

DECEMBER 24th-6PM UNTIL DECEMBER 25th-6PM Asheville X-mas Alcothon

NEW LOCATION: 257 Biltmore Avenue—building adjoining the Neil Dobbins Detox (enter from back parking lot). NOTE: The alcothon will be closed from 1:30 AM until 6 AM.

Meetings & Fellowship around the clock.
HOSTED BY: GRACE GROUP

DECEMBER 31th-6PM UNTIL JANUARY 1st-6PM Asheville New Years Alcothon

NEW LOCATION: 257 Biltmore Avenue—building adjoining the Neil Dobbins Detox (enter from back parking lot). NOTE: The alcothon will be closed from 1:30 AM until 6 AM.

Meetings & Fellowship around the clock.
HOSTED BY: GRACE GROUP

JANUARY 9th: SUNDAY NC Mt. Central Office Meeting

Serenity Service Meeting Place
697-G Haywood Road, W. Asheville

Meeting: 2PM
HOSTED BY: DISTRICT 70





Fellowship News

Online Resources:

www.aa.org
www.ashevilleaa.org
www.aaroundtable.com
www.aagrapevine.org

Notices:

The Central Office will be closed: Nov. 25-26 and Dec. 24, 27, and 31.

Day by Day Group will not hold their regular meeting on Christmas Eve and New Years Eve.

Grace Group will not hold their regular meeting on Christmas day and New Years day.

New Meeting:

Serenity Sisters

Thursday evenings 6-7PM. at the First United Methodist Church (South Haywood Street which is across from the post office in downtown Waynesville). The meeting is held in the former parsonage which is located around the corner on Academy Street, behind the main sanctuary.

The meeting is closed, speaker discussion, no smoking.

Central Office Meeting Report:

- Treasurer, Dave A. stated that the Central Office is in excellent financial condition.
- The Charlotte Central Office had petitioned to host the national Intergroup Convention to be held in September of 2005, and was chosen over 6 other states that were considered. Attendance is projected to be about 300 and will be held at the Marriot in Charlotte. It will be a 5 day convention, with 3 days for working and 2 days for outside activities.
- Thanks was given to Suzanne for her work in formatting the current issue of the Where and When. Discussion ensued. Motion was made by Harry to address the outsourcing of the printing and assembling for future issues.
- Bob informed the group regarding the 24 hour telephone service that District 80 has implemented. It is manned by District 80 volunteers so that a caller can speak directly to an AA member. At this time, the Central Office number is turned over to an answering service when Charlene is not in the office and the expense to the Central Office is approximately \$270 per month. It was decided that it is much more desirable to have an AA member answer the calls in person. Motion was made by Darnell have a committee look into this type of service and to make sure that AA is listed in all the phone books. Motion passed and the committee will bring their report to the next meeting. **NOTE: IF ANYONE HAS ANY INPUT ON THIS PROPOSED CHANGE, PLEASE JOIN US AT THE NEXT CENTRAL OFFICE MEETING ON SUNDAY, JANUARY 9TH, 2005.**

TOWARD REALITY

From Grapevine, April 1980

The speaker at my group's closed meeting recounted her sponsor's advice for dealing with her fears: "Don't drink, go to daily meetings, and nothing bad can happen to you." Not long before this meeting, dear AA friends who don't drink and do go to many meetings had experienced probably the worst thing that can happen to anyone--they had lost a beloved child through a tragic accident. Consequently, I was seriously put off by the remark. But it set me thinking nonetheless, and I have continued to ponder it. As I see it, *everything* both good and bad can happen to us no matter how conscientiously we practice the program, but that steady practice makes it possible for us to cope with *whatever* comes.

We are told from the beginning that AA is a simple program for complicated people, but to make the simple simplistic can lead to seemingly unyielding complications down the line. In our zeal to help newcomers cope with fear and anxiety, do we hold out unrealistic expectations and magical answers that bear little relationship to life and the world and people as they really are--a seemingly inseparable mixture of good and bad, true and false, just and unjust, creative and destructive forces?

When I had been sober in AA four months, the secretary of our group was murdered by an insane husband, who immediately killed himself. In a kindly effort to calm and soothe, an older member of the group told me that I should try not to question what happened and should instead accept it as God's will. This was not the answer to me then, and it isn't now. The God of my understanding suffers and grieves with me and is not the cause and source of my pain.

The beginning of maturing for me was becoming willing to try to face the realities of my own life, a day at a time, and letting go of my childhood fantasies of living happily ever after in a perfect world made up of perfect people.

AA's Twelfth Step speaks of having a spiritual awakening as the result of practicing the first eleven Steps. This awakening is experienced in countless different ways by AA members. For me, it was a gradual realization that I was emancipated from the comatose state of my drinking years, so that I could respond to and perceive the world without the anesthetic of alcohol. In a sense, we are more fortunate--better armed, better prepared--than most people are in facing the suffering and problems that no one can escape, because we, in our own deep sickness, have already experienced the darkest kind of trouble and have been led out of it by a Power greater than ourselves and, by way of the Twelve Steps, into the light.

We have a proved way through the AA program to face whatever life sends us, a day at a time, with the hope that the way will be smooth and with the belief that we won't walk the rough spots alone.



Acceptance Group

Stan B	12-10-86	18 years
Jack W	12-25-80	24 years
Karen T	12-26-00	4 years
Daniel B	12-02-88	16 years
Teresa C	12-11-00	4 years
Katherine L	12-19-03	1 year
Christie B	12-19-03	1 year
Scott L	12-1-93	11 years
Lee P	12-27-03	1 year
Tom D	12-29-03	1 year

Asheville Big Book Step Study Group

Linda K	12-12-86	18 years
Jamie S	12-16-95	9 years
David N	12-1-99	5 years

Conscious Contact Group

Judith T	12-23-76	26 years
Jenneye J	12-25-85	19 years
Janet B	12-21-87	17 years
Carla M	12-23-89	15 years
Monica B	12-25-93	11 years

Daily Decisions Group

Teresa M	12-31-1	3 years
Josie S	12-14-00	4 years
Joe T	12-8-96	8 years

Fellowship Group

Chip M	12-16-02	2 years
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Grace Group

Doug M	12-4-85	19 years
Candy M	12-4-89	15 years
Pat E	12-26-93	11 years
Clarissa Z	12-6-02	2 years
Jody M	12-29-03	1 year

Hendersonville Group

Ted A	12-7-88	16 years
K.C.C.	12-19-01	3 years
Sheena E	12-6-03	1 year
Dick D	12-1-00	4 years
Lonnie S	12-14-01	3 years
Tony T	12-16-97	7 years
Louise J	12-19-98	6 years
Adam H	12-19-02	2 years
Marty S	12-4-03	1 year

Hendersonville Women's Group

Aileen S	12-5-82	22 years
Jo Ann P	12-31-89	15 years
Jacki R	12-31-99	5 years
Carol C	12-11-85	19 years

Maple Grove Group

Anna Mc	12-27-97	5 years
Jim H	12-7-82	22 years
Elise C	12-4-02	2 years

Midday Group

Charles S	12-24-02	2 years
Norma H	12-11-84	20 years
Mark P	12-20-00	4 years

Upward Group

Maurice S	12-21-80	24 years
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Waynesville Serenity Sisters Group

Kathryn H	12-29-94	10 years
Susie T	12-25-94	6 years



NOTE: Please make an announcement to your group, asking your members to make sure their birthdays are getting submitted with their primary home group only. Otherwise, simply be aware that birthdays may appear only once.

Email A.A. birthdays to NCMCO@bellsouth.net by the 1st of the previous month.
(Please submit names, dates, and years in above format.)

Treasurer's Report

N.C. Mountain Central Office, Inc. Financial Report from the month of October 2004.

<u>Group Contributions</u>	
Asheville Big Book Study Group	51.20
Black Mountain Group	68.00
Burnsville Group	50.00
Cullowhee Valley Group	34.00
Daily Decisions Group	176.36
Early Birds Group	60.00
Edneyville Group	10.00
Fellowship Group	50.00
Hendersonville Group	64.70
Hendersonville Happy Hour Group	50.00
Hendersonville Midday Group	100.00
Lambda Group	40.00
Young People Group	212.00
Upward Group	30.00
Mills Spring Group	30.00
Brevard Group	16.00
Columbus Group	25.00



BEGINNING BANK BALANCE (10/1/04).....	2275.26
<u>Income</u>	
Total Group Contributions.....	1067.26
Individual Contributions.....	0
Cash on Hand.....	27.26
Bank Interest.....	0
Sales Income.....	1022.20
Other Income.....	53.64

TOTAL..... 2171.36

<u>Expenses</u>	
Rent.....	176.00
Payroll.....	600.27
Payroll Tax.....	0
Telephone: Bell South.....	150.83
Telephone: MCI.....	73.87
Answering Service.....	520.50
Printing: Where and When.....	19.60
Printing: Mountain Doin's.....	7.88
Editor.....	150.00
Sales Tax.....	146.79
Literature, Chips & Medallions.....	663.78
Postage.....	71.06
Postage: Mountain Doin's.....	36.00
Bank Service Charges.....	0
Office Supplies & Maintenance.....	0

TOTAL EXPENSES..... 2616.58

END BANK BALANCE (10/28/04)..... 1801.78

To help Central Office maintain a healthy cash flow we request that groups pay their bills for materials every two weeks. Thanks for your help.

A TOUCH OF WONDER From Grapevine, April 1979

A Touch of Wonder came my way early the other morning. I went out to get the paper and found myself in a pink fog. A heavy frost had coated the trees, grass, and bushes with an icy glaze, which the rising sun had turned to pink. A gauzy pink mist clothed the distant hills as the sun slowly rose behind them. The effect was short-lived, but it made my day. I realized I would never have seen this if I had been drinking. In the first place, I would not have been up so early. If I had been, I would probably have thought I was in my usual soupy gray fog. I might not have seen the pink glow around me.

Some of us old people who have been in AA for a number of years have long since come down off Cloud Nine, and we need touches of wonder to make us feel alive. We need to renew the wonder of each day of life. When one is old, it's not so easy to awake to a new day with anticipation; but finding a touch of wonder in each twenty-four hours helps. It is something to look forward to and makes our numbered days worth living.

I started to do this when I was going through a depression. I turned to a Higher Power and began finding a touch of wonder in every day. This became a habit, and I was able to find it in even the grayest winter day. Not long ago, for instance, a field of green winter wheat brightened a dull day for me. ...

Another gray day, a flock of cedar waxwings spent the day with us. Their bright plumage and cheerful antics lightened a dark day. The next day, they departed on their mysterious migration--another source of wonder.

People touch me with wonder--recovered alcoholics especially. But I also admire all those who carry on ordinary, everyday lives, without much apparent brightness. I think they must have their own inner sources of the wonder of life.

If I had a Higher Power before coming into AA, I didn't realize it. But I think I must have had one, because He saw me through some rough times. He led me to AA. I can really appreciate what happens around me now, and I have a sense of hope. Even rough times, I feel, are part of a larger plan that our Higher Power has for us. This in itself is a touch of wonder.

It's easy to find touches of wonder at an AA meeting. Every person there is a miracle, as I am also. I often wonder why I was singled out and saved from an alcoholic death or something worse than death. I'm sure that without AA I wouldn't be here.

My biggest source of wonder every day is that I wake up in the morning. And with a clear head!

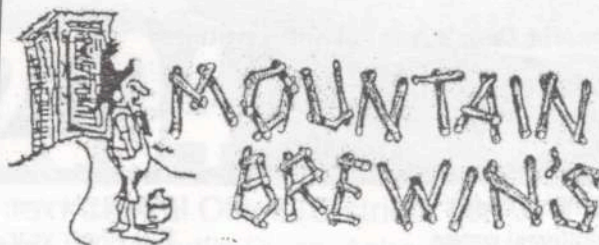
Central Office Phone Log



*"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 10/1/04 - 10/29/04

Answering Service Calls.....	234
General Information.....	3
A.A. Help.....	1
Family Help (Al-Anon).....	1
Meeting Information.....	91
Central Office Business.....	5
P.I. Calls.....	0
Medical Help (Hospital, Detox, etc.).....	0
Others.....	13
Visitors.....	76



This guy comes into a bar and orders three separate shots of Irish whiskey. He downs one, engages in casual conversation with the bartender, eventually finishing the other two. This goes on for a few days and the bartender finally says, "You know, I can put all three shots in one glass for you." The other gentleman replies, "No, I prefer it this way. See, I'm very close to my two brothers. They're both in Ireland now and this represents a drink for each of us. This way I can be closer to them and feel like we are all having a drink together." The bartender agrees and continues to set them up as requested. This goes on for several months, and then one day, the guy orders two shots. Well the bartender begins to worry that maybe something has happened to one of his brothers. He's gotten to know this guy over the month and finally feels it necessary to ask. "Is everything alright?" the bartender asked. "What do you mean?" replied the gentleman. "Well," the bartender said, "all these months you've ordered three drinks. Now you've only ordered two. Something didn't happen to one of your brothers, did it?" "No," the gentleman replied. "They are okay. It's just that I quit drinking."



"Take me to your sponsor."

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107 Park Place Offices

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Asheville, NC 28801

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