

MOUNTAIN DOIN'S

Central Office Newsletter

JANUARY 2005



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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CALENDAR

DECEMBER 24th-NOON TO 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-JANUARY 1st

YANA Room: Open house

YANA Room: 191 Lyman Street

From Patton Ave onto Clingman Ave; right onto Lyman; cross RR tracks and continue around bend; 191 is on left.

Potluck dinner: 5PM

Open Meeting: 8PM

Dance: 9:30PM

Marathon meetings

DECEMBER 24th: FRIDAY

Alk-A-Thon Christmas Eve

Macon County Library Meeting Room in Franklin.

Meeting: 5:30PM

Candlelight Meeting: 8PM

SPONSORED BY: COMMON SENSE GROUP (349-HELP)

DECEMBER 31st: FRIDAY

Alk-A-Thon New Year's Eve

Macon County Library Meeting Room in Franklin.

Meeting: 5:30PM

Candlelight Meeting: 8PM

SPONSORED BY: COMMON SENSE GROUP (349-HELP)

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

JANUARY 16th: SUNDAY

District 80 Eating/Business Meeting

Western Carolina Campus in the Canterbury House behind Ramsey Center.

Discussion meeting: 2PM

CALL CARL L. AT 828-293-0605 FOR MORE INFO.

JANUARY 23th: SUNDAY

Gratitude Eating Meeting

St. Paul's Episcopal Church, on St. Paul's road, north off US 64 East.

Discussion meeting: 2:30PM

Eat: 3:30PM

Please bring candle, holder, and covered dish.

CALL BILL H. AT 697-2845 FOR MORE INFO.



Online Resources:

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

Notices:

The Central Office will be closed: 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 is adding another new meeting:

Friday evenings 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, open discussion, no smoking.

Meeting Cancellations:

The Hendersonville Group is canceling the Sunday 9:30AM *By the Book* meeting.

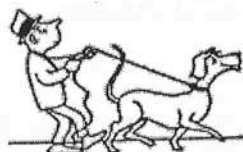
The Hendersonville Group is canceling the Tuesday 8PM *We Don't Wine* meeting.

Things We Cannot Change:

Regards in the passing of Bill D. who served as DCM out of the Franklin area. Bill enjoyed 51 years in the fellowship and passed on his 88th birthday. He will be missed.

Service Opportunites:

Start the New Year sharing hope: CFC is in need of AA's interested in taking AA meetings into WNC correctional facilities. Even if you're just curious about the process, please call Frank H. (828-250-0990) or Michael C. (828-777-7334).



The Root of Our Troubles From Grapevine, December 1979

MANY YEARS ago, When I was just a small boy, filled with curiosity, I went to my father and asked him what heaven was like. Wisely, instead of trying to describe something no one really knows anything about, he asked me this question: "Suppose you were in the kitchen and found the last piece of a chocolate pie. What would you do?"

"Well, I love chocolate pie," I replied, "so I guess I would eat it."

"But what if you knew your brother hadn't had a piece?"

I was trapped. Now, I could see where his questions were leading me, and this was not going to be what I wanted to hear.

"If you were in heaven," he said, "you would save that last piece of pie for your brother. That's what heaven is like. It's a world where we all share and think of others' needs before we think of our own."

Well, I decided right then and there that I wanted nothing to do with heaven if that was the way it was going to be. Even though a part of me understood how nice it would be if that degree of harmony was possible, another part of me just couldn't give up that last piece of pie. Looking back, I can see that I've spent enormous amounts of my time and energy arranging people, places, and things in order to get that piece of pie. And not until I nearly destroyed myself with alcohol could I see that my way wasn't the road to happiness after all.

Not long ago, in an AA discussion meeting, my sponsor was talking on self-centeredness. He quoted from the Big Book: "Selfishness--self-centeredness! That, we think, is the root of our troubles." My sponsor declared that all of us probably had that phrase underlined in our Big Books. Well, I didn't know if I had or not. Believe me, when I got home that night, I looked it up, and--what a relief!--I had it underlined in my book, too.

But at the time I underlined it, the real significance of the statement had not been clear to me. Sure, I could admit that on occasion I had been somewhat selfish--staying out all night, spending the grocery money on booze--but it wasn't until I finally got around to doing my Fourth Step inventory that I could see how much self-centeredness had contributed to my failure at life. It was on every page of my inventory. I had created a whole universe centered around me and what I expected out of life. I was my own God; therefore, I really had no God. How miserable life was when I saw the world only through my own eyes! I was unable to reach out to others, and they were unable to reach me. The wonderful experience of peace of mind eluded me until I found the program of Alcoholics Anonymous. Self-centeredness is a poison to my emotional system. It frustrates my every effort toward a comfortable and happy existence. A terrible chain reaction begins. Fear sets in. Anger, resentment, and self-pity become my guiding forces. My only escape is to put this awful selfishness aside and become involved with the world around me. (Continued)



Acceptance Group

Mike Mc	1-1-85	20 years
Nancy M	1-24-95	10 years
Johnel	1-29-01	4 years
Ed R	1-3-88	17 years
Nicole J	1-18-89	16 years
Beth M	1-8-02	3 years
Rebeckah E	1-4-04	1 year
Tom D	1-21-04	1 year
Alberta W	1-12-03	2 years
John D	1-1-04	1 year

Asheville Big Book Step Study Group

Paula R	1-12-02	3 years
Suzanne T	1-1-92	13 years
Scott B	1-17-01	4 years

Daily Decisions Group

Joe A	1-28-78	27 years
Chuck H	1-6-04	1 year

Edneyville Group

Bobbie S	1-21-87	18 years
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Fellowship Group

Rick M	1-1-04	1 year
Shiela W	1-5-82	23 years
Sue C	1-24-81	24 years
Greg F	1-28-79	26 years

Grace Group

Jane H	1-4-77	26 years
Liz N	1-12-99	6 years
Andi K	1-14-99	6 years
Tony W	1-20-00	5 years
Ellen S	1-24-01	4 years
Jason S	1-3-02	2 years
Frank M	1-28-04	1 year

Hendersonville Group

Ben T	1-4-03	2 years
Andy S	1-14-04	1 year
Tom R	1-30-75	30 years
Theresa S	1-2-03	2 years
Eddie S	1-13-99	6 years
Derrek B	1-28-03	2 years

Hendersonville Women's Group

Kay C	1-25-73	32 years
Tanya B	1-5-90	15 years
Valerie N	1-1-04	1 year

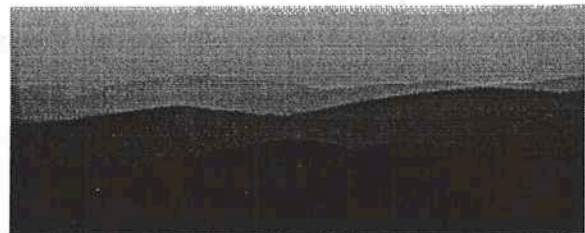
Midday Group

Patricia M	1-8-04	1 year
Eddie S	1-13-99	6 years
Carl M	1-6-03	1 year
Carl B	1-19-99	6 years

Tryon Group

Dan S	1-23-98	7 years
Melinda O	1-7-95	10 years
Artie H	1-13-89	16 years
Janet W	1-6-85	20 years
Deborah C	1-1-01	4 years
Connie L	1-13-99	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 November 2004.

Group Contributions

Acceptance	50.00
Brevard	200.00
Bryson City	30.00
Cumberland	420.00
Goodlivers	175.00
Grace	500.00
Hendersonville	47.75
Kiss	92.50
Midday	75.00
Mountain View	200.00
Safe N' Sound	66.40
Serenity Sisters	25.00
Sylva	25.00



BEGINNING BANK BALANCE (11/1/04)..... 1801.78

Income

Total Group Contributions.....	1907.65
Individual Contributions.....	0
Cash on Hand.....	26.27
Bank Interest.....	0
Sales Income.....	1425.53
Other Income.....	0

TOTAL..... 3381.30

Expenses

Rent.....	156.00
Payroll.....	600.27
Payroll Tax.....	0
Telephone: Bell South.....	150.97
Telephone: MCI.....	58.76
Answering Service.....	220.50
Printing: Where and When.....	0
Printing: Mountain Doin's.....	0
Editor.....	150.00
Sales Tax.....	99.79
Literature, Chips & Medallions.....	940.81
Postage.....	47.61
Postage: Mountain Doin's.....	46.93
Bank Service Charges.....	0
Office Supplies & Maintenance.....	24.09

TOTAL EXPENSES..... 2498.73

END BANK BALANCE (11/26/04)..... 2658.08

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.

Alcoholics Anonymous is the perfect solution for our selfishness. This program gives us a purpose and a vision of something much greater than self. We work with others daily. We are forced to become involved with the problems of the newcomer. As a result, our own problems just naturally pale in comparison. When I haven't been to a meeting in a while, simply talking to one of my friends always helps.

Discussion meetings are my favorite cures for reducing this magnified image I sometimes get of myself. There is a magical power that works around those tables. I can go to a meeting wound up tight as a drum, and about ten minutes into the meeting, I invariably begin to feel better. Whatever the problem was may still be there, but my attitude toward it has changed. Sometimes, the only place on earth that makes any sense to me is a meeting of Alcoholics Anonymous.

But old habits are hard to break. Occasionally, I still catch myself saying something like: "Why is this happening to me?" or "What is it ever going to take to finally make me happy?" Blinded by my selfishness, I perceive things that way. But in truth, I don't believe it takes anything to be happy. It is an inside job, something I choose, or refuse to choose, for myself. Circumstances outside myself have nothing whatever to do with it.

Anytime I feel that life isn't treating me right, and that everything is against me, then I'm trying to play God again. The longer I'm in this program, the more convinced I become that I really have no idea what's best for me. Who would have imagined that becoming an alcoholic would be something to be grateful for? But indeed I am. Had I not become an alcoholic, I would never have found this way of life that I have always wanted so desperately. My surrender to alcoholism was necessary to open my heart and mind to the healing love of God. (Continued)

When I joined Alcoholics Anonymous, you told me that if I would walk with you, I would be a free man; that I would never have to drink again if I would only follow twelve simple Steps. But, you told me that in order to keep what I had found, I would have to give it away. I would have to work with others, put their needs before my own. Sometimes, I don't feel like doing this. I'm still a very selfish person. But I know that if I want to remain sober and free, then these are the things I must do. "Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us!"

I know that my life is no longer my own. My life now is in the hands of "a new Employer." Even though I still complain now and then about the working conditions and sometimes have trouble getting along with my fellow employees, it's a great improvement over the way things were when I was in charge. Although I sometimes take my sobriety for granted, I am never ungrateful for it.

Today, I still don't know that much about heaven, but I've learned some valuable lessons about life on earth. For so many years, I had always believed that the important thing was to be able to draw other people's attention toward me. I felt I had to have this attention in order to establish my self-worth. This was my only means of security. Today, I know that the opposite is true. The real gift of love is to be able to give it to others. The ability to love can never be taken away from me, except by me. When I can get myself out of the way long enough to love another human being, it's the best feeling I know of. I guess you might say it's heavenly, just the way my dad described it many years ago.

B. S. Dallas, Texas

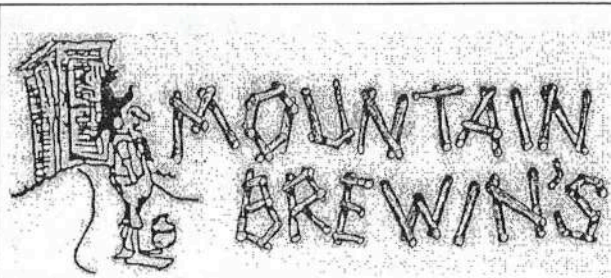
Central Office Phone Log



*"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 11/1/04 - 11/30/04

Answering Service Calls.....	208
General Information.....	13
A.A. Help.....	3
Family Help (Al-Anon).....	9
Meeting Information.....	75
Central Office Business.....	28
P.I. Calls.....	0
Medical Help (Hospital, Detox, etc.).....	1
Others.....	31
Visitors.....	75



...Sign in bar: "Those drinking to forget, please pay in advance".

XXX

A DRUNK IS DRIVING through the city and his car is weaving violently all over the road, when the local law enforcement officer sees him and pulls him over.

"So," says the cop to the driver, "where have you been?"

"I've been to the pub," slurs the drunk.

"Well," says the cop, "it looks like you've had quite a few."

"I did all right," the drunk says with a smile.

"Did you know," says the cop sternly, "that a few intersections back, your wife fell out of your car?"

"Oh thank heavens!" says the drunk. "For a minute there, I thought I'd gone deaf."



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N.C. Mountain Central Office

107 Park Place Offices

70 Woodfin Place

Asheville, NC 28801

Group of Individual Name _____

Street/P.O. Box No. _____

Town and Zip Code _____

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107 Park Place Offices
70 Woodfin Place
Asheville NC 28801

Address correction requested

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