

MOUNTAIN DOIN'S

Central Office Newsletter

JANUARY 2006



Published by the North Carolina Mountain Central Office (Districts 70, 71, & 80)
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ANNOUNCEMENTS

Central Office will be closed on December 26 and January 3, 2006. Normal office hours are Monday through Friday, 10 a.m. to 1 p.m.

Any and all corrections to the *Where and When* must be in writing and sent to Central Office. Please include your name and phone number so the Office Manager can contact you if anything's unclear.

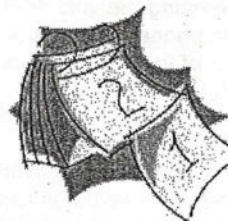
As of preparation of this issue, no group has notified NCMCO of a planned Alcolthon.

Greg F. is creating a speakers' exchange list. If you're interested in being listed as an AA speaker, or your group wishes to exchange speakers, contact him at ghforsythe@bellsouth.net or 681-8999.

To involve members and add liveliness to the newsletter, *Mountain Doin's* will print materials in good taste sent in by readers. Guidelines for acceptance include:

- A first name and last initial must be provided to print with the submission
- Limited to 300 words or less
- No groups or members may be named directly or implicitly
- Poetry, jokes and cartoons accepted
- No profanity or vulgarity
- Must relate to AA recovery

A three-person committee consisting of the Editor, the Office Manager and one board member will make decisions. We reserve the right to edit for length or content without prior approval. Send materials to NCMCO via post or email. We hope to hear from you!



CALENDAR

January 15, 2006

District 80 Eating/Business Meeting

St. William Catholic Church, Murphy
Hosted by No Name Group

Please bring a covered dish. Call Bill if you have questions: 828-837-7946. Take 64W to Murphy. At 4-way intersection, go right. At first traffic light (Lowe's is on left), go left onto Bull Dog. Make a left at stop sign. Watch for church on right and follow signs for meeting.

2 p.m. eating

3 p.m. Charley P., new D.C.M.

4 p.m. business meeting

January 15, 2006

District 71 Eating/Speaker Meeting

Columbus Presbyterian Church

1 Penial Road, Columbus

2:30 p.m. GSR meeting

4 p.m. eating

5 p.m. speaker

FEBRUARY 12, 2006

Central Office Meeting

Serenity Service

697 Haywood Road

Hosted by District 80

2 p.m.



Fellowship News

SERVICE OPPORTUNITIES

Teleservice needs a Chairperson

Duties include maintaining and overseeing the entire phone service; maintaining and updating printed materials such as volunteer guidelines, 12th Step List and volunteer phone list; chairing monthly volunteer meetings (forming agenda, keeping minutes); communicating with volunteers via email or phone; overseeing the volunteer coordinators who run the phone service; training new recruits. As member of the NCMCO Board, attends quarterly meetings to give a report. Qualifications: several years of sobriety; working knowledge of 12 Traditions and AA service structure; good communication skills; knowledge of MS Word, Excel, email; minimal administrative and organizational skills. Helpline experience helpful but not essential. Indispensable: consistency, follow-through with tasks, availability for calls at odd times for help and instruction, and willingness to occasionally fill in as a volunteer. Time requirement varies, but usually doesn't exceed 8 hours per month. Contact Harry S. at harrys8684@charter.net or 828-252-7500.

Teleservice seeks AAs to cover shifts answering the phone line. Training provided. Foreign language speakers sought. Contact Harry S. (information listed above).

The Correctional Facilities Committee (CFC) needs AAs interested in taking meetings into WNC correctional facilities. Contact Michael C. at 828-777-7334 or Frank H. at 828-250-0990.

Just for Today at Neil Dobbins Detox needs support. Meetings take place Monday through Friday at noon; 8 p.m. on Tuesdays and Saturdays; 2 p.m. Sundays.

MEETING CHANGES

New

A child-friendly discussion meeting now takes place Wednesdays at 4 p.m. in the library of the Oakley United Methodist Church on Fairview Road. There's a separate nursery room next to the library.

Turning Point, Wednesdays at 6 p.m. on the 5th floor of the VA Medical Center, is an open speaker meeting.

The **Fellowship Group of Arden** has a beginners' meeting on Tuesdays at 5:30 p.m., then a 6:30 As Bill Sees It meeting; the meeting Fridays at noon is now a closed 12 & 12.

Library Group meets Sundays at 7 p.m. in the Swannanoa Library, 101 Charleston Street.

Changed

Day by Day Group has relocated to Oakley United Methodist Church, 607 Fairview. Closed meetings take place Wednesdays at 5:30 p.m. and Fridays at 6:30 p.m.

Sylva Lining Group holds its Monday night meeting at 7:30 at First Presbyterian Church, 46 Presbyterian Drive, in the Parish Hall.

Conscious Contact now meets at YANA.

Reborn Group now meets in the People's Department Store, 33 East Main Street, Franklin, upstairs in room 13. Use the back staircase.

The formats for **Black Mountain Pathfinders'** Saturday 8 p.m. meetings are: First: closed Step Study, non-smoking; Second: closed Big Book, non-smoking; Third: closed discussion, non-smoking; Last: open speaker/discussion, non-smoking

Waynesville's **Maple Grove Group** meets Friday at 7 p.m.

Cancelled

Recovery by the River no longer meets Fridays. All other meetings still convene.

The **Columbus Group** has discontinued its Friday 8 p.m. meeting. They do still meet Mondays at 8 p.m. and Fridays at 6:30 p.m.

THINGS WE CANNOT CHANGE



Alan W. of Hendersonville has passed away. He was a member of the Happy Hour group, as well as a former editor of the *Mountain Doin's*.

Candy M., a member of Good Livers and Conscious Contact groups, has passed away. Her sobriety date was 12/4/89.

Don N. has passed on. He was a member of the Fletcher group.



Birthdays

ACCEPTANCE GROUP

Alberta W.	1/12/02	4 years
Angel	1/23/05	1 year
Dave M.	1/1/05	1 year
Jackie K.	1/17/04	2 years
James	1/21/05	1 year
Mike Mc.	1/1/85	21 years
Nicole J.	1/18/91	15 years
Rebekah	1/4/02	2 years
Steve M.	1/22/03	3 years
Tom M.	1/1/91	15 years

ASHEVILLE BIG BOOK STEP STUDY

Scott B.	1/17/01	5 years
Suzanne T.	1/1/92	14 years

BACK TO BASICS

Amy M.	1/21/74	32 years
Connie C.	1/22/02	4 years
Frank M.	1/27/04	2 years
Judy M.	1/19/82	24 years
Peggy S.	1/4/95	11 years

BLUE RIDGE

Amy B.	1/3/05	1 year
Ben T.	1/4/03	3 years
Richard B.	1/14/76	30 years
Theresa S.	1/2/03	3 years

COLUMBUS GROUP

Andy W.	1/12/05	1 year
Ann E.	1/2/86	20 years
Bill R.	1/13/03	3 years
Dan S.	1/23/98	8 years
Deborah C.	1/1/01	5 years
Janet W.	1/6/86	20 years
Joyce R.	1/7/98	8 years
Lloyd K.	1/30/01	5 years

CONSCIOUS CONTACT

Barbara G.	1/2/04	2 years
Barbara W.	1/24/01	5 years
Betsy B.	1/8/04	2 years
Beverly R.	1/8/04	2 years
David B.	1/26/04	2 years
Joe R.	1/27/00	6 years
Laura J.	1/14/02	4 years

Nancy B.	1/16/83	23 years
Steve H.	1/8/02	4 years
Suzanne B.	1/23/75	31 years
Thomas M.	1/4/98	8 years

FELLOWSHIP GROUP

Connie C.	1/10/83	23 years
Dale W.	1/10/04	2 years
Faye	1/5/93	13 years
Greg F.	1/29/79	27 years
Rick M.	1/1/04	2 years
Sheila W.	1/5/82	24 years
Sue C.	1/24/81	25 years

GRACE

Andi K.	1/14/99	7 years
Billy M.	1/22/97	9 years
Ellen S.	1/24/01	5 years
Frank M.	1/28/04	2 years
Jason S.	1/3/03	3 years
Kyle C.	1/21/05	1 year
Larry E.	1/18/97	9 years
Liz N.	1/12/99	7 years
Richard L.	1/21/01	5 years
Ryan J.	1/24/05	1 year
Tony W.	1/20/00	6 years

HENDERSONVILLE

Andy S.	1/14/04	2 years
Dereck B.	1/28/03	3 years
Eddie S.	1/13/99	7 years
Taeresa S.	1/2/03	3 years
Tom R.	1/30/75	31 years

HENDERSONVILLE THURSDAY AFTERNOON WOMEN'S GROUP

Aileen S.	12/5/82	23 years
Jacki R.	12/31/99	6 years

MARS HILL

Frank M.	1/27/04	2 years
Sam H.	1/28/85	21 years

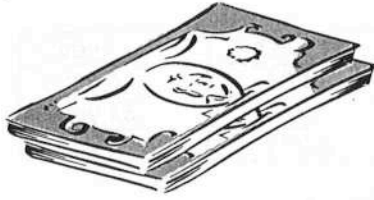
SERENITY GROUP, WAYNESVILLE

Mary J.	1/12/04	2 years
Max	1/3/89	17 years

TRYON GROUP

Artie H.	1/13/89	17 years
Connie L.	1/13/99	7 years
Dan S.	1/23/98	8 years
Deborah C.	1/1/01	5 years
Janet W.	1/6/85	21 years

NOTE: Please make sure your birthday is submitted with your primary home group only. Otherwise, be aware that your birthday may only appear once.



N.C Mountain Central Office, Inc. Financial Report for the month of November 2005.

GROUP CONTRIBUTIONS

Acceptance	200.00
Andrews	36.00
AWOL	75.00
Brevard Serenity	43.00
Bryson City	30.00
Cashiers Valley (Katrina)	132.00
Conscious Contact	327.50
Good Livers	150.00
Grace	300.00
Happy Hour	60.00
Hendersonville	20.00
Kanuga	22.50
Lambda	180.00
Midday	50.00
Robbinsville Mountainside	30.00
Serenity Service	200.00
Women of Courage	200.00



Phone Log 11/1/05-11/30/05

Answering service calls	148
General information	28
AA help	3
Family help (Al-Anon)	3
Meeting information	87
Central Office business	11
P.I. calls	1
Medical help (hospital, detox, etc.)	1
Others	8
Visitors	68

Beginning bank balance (11/1/05)	1416.14
INCOME	
Total group contributions	2056.00
Individual contributions	70.00
Cash on hand	27.27
Bank interest	.12
Sales income	994.65
Return postage	9.31
Other income	8.54
TOTAL	3165.89
EXPENSES	
Rent	182.00
Payroll	600.27
Payroll tax	298.35
Telephone: Bell South and Verizon	215.55
Telephone: MCI	59.68
Answering service	00
Printing: <i>Where & When</i>	00
Printing: <i>Mountain Doin's</i>	12.28
Editor, <i>Mountain Doin's</i>	150.00
Sales tax	69.63
Literature, chips and medallions	1350.83
Postage	47.51
Postage: <i>Mountain Doin's</i>	58.64
Bank service charge	12.36
Office supplies	00
Maintenance for copier/PC	00
Miscellaneous expenses	00
TOTAL	3057.10
Ending bank balance (11/30/05)	1497.66

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.

First Things First

Here's an old saying that has special, strong meaning for us. Simply stated, it is this: Above all other concerns, we must remember that we cannot drink. Not drinking is the first order of business for us, anywhere, any time, under any circumstances.

This is strictly a matter of survival for us. We have learned that alcoholism is a killer disease, leading to death in a large number of ways. We prefer not to activate that disease by risking a drink.

Treatment of our condition, as the American Medical Association has noted, "primarily involves not taking a drink." Our experience reinforces that prescription for therapy.

In practical, day-by-day matters, this means we must take whatever steps are necessary, at whatever inconvenience, *not* to drink.

Some have asked us, "Does this mean you rank sobriety ahead of family, job, and the opinion of friends?"

When we view alcoholism as the life-or-death matter it is, the answer is plain. If we do not save our health—our lives—then certainly we will have no family, no job, and no friends. If we value family, job, and friends, we must *first* save our own lives in order to cherish all three.

"First Things First" is rich in other meanings,

too, which can be significant in combating our drinking problem. For instance, many of us have noticed that when we first stopped drinking, it seemed to take us longer to make up our minds than we liked. Decisions seemed to come hard—on again, then off again.

Now, indecisiveness is certainly not limited to recovering alcoholics, but perhaps it bothered us more than it would others. The newly sober homemaker could not figure out which of many cleanup jobs to do first. The businessman couldn't decide whether to return those phone calls or dictate those letters. In many departments of our lives, we wanted to catch up on all those tasks and obligations we had been neglecting. Obviously, we couldn't take care of all of them at once.

So, "First Things First" helped. If any of the choices before us involved drinking or not drinking, that decision deserved and got priority. Unless we held our sobriety, we

knew, *no* cleaning would get done, no calls made, no letters written.

Then we used the same slogan in ordering our newfound sober time. We tried planning the day's activities, arranging our tasks in order of importance, and never making the schedule too tight. We kept in mind another "first," our general health, because we knew that getting overtired or skipping meals could be dangerous.

During active alcoholism, many of us led pretty disorganized lives, and the confusion often made us feel unsettled or even desperate. Learning not to drink is facilitated, we have discovered, by introducing some order into each day—but being realistic and keeping our plan flexible. The rhythm of our own special routine has a soothing effect, and an apt principle around which to organize some orderliness is—yes, "First Things First."

—Excerpted from *Living Sober*, pp. 32–33



"The average alcoholic damages the lives of five people when he gives up drinking: his loan shark, his bartender, his lawyer, his automobile body shop and his drinking buddy."

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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. _____

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107 Park Place Offices
70 Woodfin Place
Asheville NC 28801

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