

MOUNTAIN DOIN'S

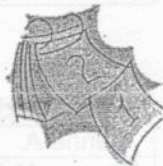
Central Office Newsletter

MARCH 2007



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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Notice: Intergroup Steering Committee will meet on Sunday, March 18th at 2PM. All groups are urged to send your member representation. Meeting is held at 404 Executive Park, Bldg. 3 (Off Charlotte Street) only 1 block from Intergroup Office. Call Herb at 254-8539 with questions or for directions.



CALENDAR

MARCH 30-APRIL 1, 2007

5TH Carolinas Spring Fling

Marriott Executive Park, Charlotte, NC

Speakers / Workshops / Dance / Raffle

Information: John B., (704) 362-4677

or info@carolinasspringfling.com

or www.carolinasspringfling.com

APRIL 13, 14, 15, 2007

5TH Carolinas Spring Fling

Marriott Executive Park, Charlotte, NC

Speakers / Workshops / Dance / Raffle

Information: John B., (704) 362-4677

or info@carolinasspringfling.com

or www.carolinasspringfling.com

MARCH 30-APRIL 1, 2007

Serenity Weekend

George Washington Inn & Conference

Center, Williamsburg, VA

Speakers, buffet dinner and more

For information: Ross B., (804) 794-8099, or

Sammie G., or Mark G., (804) 225-0098

MAY 11, 12 & 13

12TH Annual Oak Island Lighthouse Retreat 2007

Fort Caswell, Oak Island, NC

Speakers / Retreat Functions

Questions? Call Charlie (910) 512-0970

Or Richard (910) 619-7207

Intergroup Office has registration flyers on all announcements.



February Birthdays

ACCEPTANCE GROUP

Bea T.	2/15/05	2 years
Brett	2/15/06	1 year
Gloria	2/11/05	2 years
Howard S.	2/15/02	5 years
John W.	2/6/05	2 years
Levi	2/23/78	29 years
Phyllis	2/7/06	1 year
Steve M.	2/22/06	1 year
Will	2/4/05	2 years

BACK TO BASICS

Dick M.		27 years
James P.		19 years
Jeri S.		4 years
John T.		18 years
Ralph M.		30 years
Scott S.		5 years

CONSCIOUS CONTACT

Bill M.	2/9/01	6 years
Ed F.	2/3/02	5 years
Holly C.	2/28/02	5 years
Kathie K.	2/12/94	13 years
Marsha P.	2/14/87	20 years
Rowan	2/14/92	15 years
Terry H.	2/9/88	21 years
Val L.	2/5/03	4 years

CUMBERLAND GROUP

Dan P.	2/9/98	9 years
Kristin W.	2/20/92	15 years

FELLOWSHIP GROUP, FLETCHER

Mike T.	2/6/00	7 years
Randine	2/27/01	6 years

GRACE GROUP

Barbara B.	2/8/02	5 years
Carolyn D.	2/16/03	4 years
Chris W.	2/20/04	3 years
Jack D.	2/12/86	21 years
John W.	2/28/86	21 years
Margery K.	2/22/04	3 years
Mary B.	2/10/81	26 years
Meghan J.	2/26/88	19 years
Patrick S.	2/12/05	2 years
Rufus L.	2/18/06	1 year
Seth C.	2/26/03	4 years
Steve K.	2/28/05	2 years
Susan D.	2/15/86	21 years

HAPPY HOUR, HENDERSONVILLE

Joanne A.	2/16/06	1 year
Maureen McF	2/14/69	38 years
Penny L.	2/4/05	2 years
Phil R.	2/12/86	21 years
Sharon S.	2/25/05	2 years

JOY OF LIVING, BLACK MOUNTAIN

Derry C.	2/1/01	6 years
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UPWARD GROUP

Bobbie P.	2/3/86	21 years
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WEST ASHEVILLE

Steve S.	2/27/05	2 years
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NC Mountain Central Office
Balance Sheet
 As of January 31, 2007

Jan 31, 07

ASSETS	
Current Assets	
Checking/Savings	
Checking	4,153.52
Money Market Account	1,568.22
Petty Cash	240.79
Savings Account	5,090.10
Total Checking/Savings	11,052.63
Accounts Receivable	
1200 · Accounts Receivable	2,363.19
Total Accounts Receivable	2,363.19
Other Current Assets	
1120 · Inventory Asset	5,364.75
1499 · Undeposited Funds	1,258.49
Total Other Current Assets	6,623.24
Total Current Assets	20,039.06
TOTAL ASSETS	20,039.06
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Accounts Payable	
2000 · Accounts Payable	4,033.69
Total Accounts Payable	4,033.69
Total Current Liabilities	4,033.69
Total Liabilities	4,033.69
Equity	
3900 · Retained Earnings	14,871.54
Net Income	1,133.83
Total Equity	16,005.37
TOTAL LIABILITIES & EQUITY	20,039.06

Listen Up!

Last summer, *AAGrapevine*, the international monthly journal of Alcoholics Anonymous, also known as "Our Meeting in Print," launched AudioGrapevine, *AAGrapevine* Magazine in audioformat.

As one of AA's founders expressed it in 1946, "The *Grapevine* will be the voice of the Alcoholics Anonymous movement...The *Grapevine* will try to carry the AA message to alcoholics and practice the AA principles in all its affairs."

In keeping with *AAGrapevine's* mission to carry the AA message, *AAGrapevine* inaugurated AudioGrapevine, a truly portable "meeting in print" that members can listen to on the road, in the gym, or when they cannot get to a meeting. It's also helpful to AAs who have difficulty reading or who don't have much time for reading.

AudioGrapevine offers all the stories from two months of the *AAGrapevine* magazine—stories of personal recovery, spiritual growth, and hope, plus PO Box 1980, the Editor's Note and jokes. It's all available online at www.aagrapevine.org to download and listen to anytime, anywhere.

Remembering Your Last Drunk

That's not a typographical error. The word is "drunk," not "drink."

A "drink" is a term which has awakened pleasurable echoes and anticipations in millions of people for centuries.

Depending on our age, and on the circumstances which surrounded our first experiences with alcohol, we all have various memories and hopes (sometimes anxieties) aroused by the thought of a cool beer, a gin and tonic, a boilermaker, a sip of wine, or whatever.

Repeatedly, in the early drinking of most people, the anticipations were fully met by the desired drink. And if that happened often enough, we naturally learned to think of "a drink" as a satisfying event—whether it gratified our need to conform to a religious custom, quenched our thirst, graced a social occasion, relaxed us, stimulated us, or gave us any other kind of satisfaction we sought.

It is not difficult for a 55-year-old Finn, for example, when he hears someone suggest a drink, to recall the flush of warmth that a shot of vodka or aquavit brought on a cold day in his youth.

One young woman may instantly visualize an elegant crystal glass of champagne, glamorous surroundings, new clothes, a new lover. Another may think of a pull from a bagged bottle toted by the long-bearded youth in denim at her side while the rock rocks, the strobe lights flash through the sweet smoke, and everybody screams in ecstasy.

One AA member says "a drink" makes him almost taste pizza with a brew. A 78-year-old widow among us is inevitably reminded of the sherry eggnogs she began to like at bedtime in a nursing home.

Although perfectly natural, such mental images are now, for us, misleading. Those were the ways some of us *began* to drink, and if that had been the whole truth of our drinking history, it is unlikely that we

could have developed much of a drinking problem.

A searching, fearless look at our complete drinking record, however, shows us that the last years and months of our drinking never created those perfect, magic moments again, no matter how often we tried for them.

Instead, over and over, we wound up drinking more than that, and landed in some kind of trouble as a result. Maybe it was simply inner discontent, a sneaky feeling that we were drinking too much, but sometimes it was marital squabbles, job problems, serious illness or accidents, or legal and financial worries.

Therefore, when the suggestion of "a drink" comes to us, we now try to remember the *whole* train of consequences of starting with just "a drink." We think the drink all the way through, down to our last miserable drunk and hangover.

A friend who offers us a drink usually means simply that one sociable glass or two. But if we are careful to recall the full suffering of our last drinking episode, we are not deceived by our own long-ago notion of "a drink." The blunt, physiological truth for us, as of today, is that a drink pretty surely means a drunk, sooner or later, and that spells trouble.

Drinking for *us* no longer means music and gay laughter and flirtations. It means sickness and sorrow.

One AA member puts it this way: "I know now that stopping in for a drink will never again be—for me—simply killing a few minutes and leaving a buck on the bar. In exchange for that drink, what I would plunk down now is my bank account, my family, our home, our car, my job, my sanity, and probably my life. It's too big a price, too big a risk."

He remembers his last drunk, not his first drink.

—Excerpted from *Living Sober*,
pp 50-52



March Birthdays

Billy L.	3/21/02	5 years
Denis M.	3/16/03	4 years
Fran R.	3/2/02	5 years
Kat B.	3/30/05	2 years
Kerry W.	3/8/00	7 years
Lisa K.	3/24/06	1 year
Morin M.	3/15/02	5 years
Tiffany H.	3/23/05	2 years
William G.	3/22/03	4 years

BACK TO BASICS

Gary R.		7 years
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CONSCIOUS CONTACT

Joan R.	3/31/88	19 years
Sally K.	3/6/84	13 years
Rainbowwalker	3/1/01	6 years

CUMBERLAND GROUP

Doug O.	3/9/72	35 years
Thurman W.	3/11/85	22 years

FELLOWSHIP GROUP, FLETCHER

Carole H.	3/23/03	4 years
Ed T.	3/21/99	8 years
Julie M.	3/2/04	3 years

GRACE GROUP

Betsy C.	3/13/95	12 years
Diane L.	3/12/05	2 years
Dick J.	3/15/81	26 years
Jeremy F.	3/14/04	3 years
Jim K.	3/13/02	5 years
Shari S.	3/8/02	5 years

HAPPY HOUR, HENDERSONVILLE

Deborah W.	3/17/87	20 years
Pamona T.	3/7/89	18 years

JOY OF LIVING, BLACK MOUNTAIN

Bob C.	3/6/96	11 years
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MARS HILL GROUP

Gary R.	3/5/00	7 years
George E.	3/12/90	17 years

MID-DAY GROUP, HENDERSONVILLE

Allan H.	3/21/80	27 years
Art I.	3/18/92	15 years
Bryan S.	3/23/06	1 year
Charlie P.	3/17/83	24 years
Claudia J.	3/4/05	2 years
Dawn B.	3/13/04	3 years
Judy T.	3/7/05	2 years
Mark J.	3/23/91	16 years
Mike S.	3/27/77	30 years

TRYON GROUP

Cy E.	3/21/63	44 years
Ralph B.	3/2/87	20 years
Stephanie D.	3/25/03	4 years

WEST ASHEVILLE

Denise M.	3/16/03	4 years
Johnny B.	3/10/89	18 years
Tom C.	3/28/04	3 years

PLEASE NOTIFY MOUNTAIN DOIN'S OF MAY BIRTHDAYS BY APRIL 1, IN LEGIBLE WRITING.

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

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15 additional copies	\$25.00 per year	\$48.00 per year
20 additional copies	\$30.00 per year	\$65.00 per year

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107 Park Place Offices
70 Woodfin Place
Asheville, NC 28801

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70 Woodfin Place
Asheville NC 28801

Address correction requested



IA
3-22-07

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