



MOUNTAIN DOIN'S

Central Office Newsletter

December 2008



Published by the North Carolina Mountain Central Office (Districts 70, 71, & 80)
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We recently lost our e-mail list! If you have been, or would like to receive the Mtn. Doin's and Where & When by E-mail in PDF format, send your e-mail address to ncmco@bellsouth.net with the subject as "e-mail list". This is your Central Office. Thank You!

Calendar

District 70 Business Meeting

2:30pm @ St. Luke's Episcopal Church
219 Chunn's Cove Road
January 11, 2009

Central Office Representatives Meeting

2:00pm @ location to be determined
PLEASE CALL THE CENTRAL OFFICE FOR
THE MEETING LOCATION & TIME

District 80 Business Meeting

1:30pm, Cherokee United Methodist Church
January 18, 2009

Look inside
for exciting new group events and
HOLIDAY ALCATHONS!



The Mountain Doins is *your* newsletter. Contributions of articles, jokes, poems, and any other material or suggestions are most welcome. Please be sure to provide us with any events your group or district is having so we can inform all about it. Also, remember to send in your group member's anniversaries including the date. **The deadline for submissions is the first of the month prior to the issue month.** For example; the cutoff for the March issue is February 1. If you have flyers for your event please submit an electronic version in MS Word, Adobe Illustrator, PageMaker, or Acrobat PDF, or call to discuss. Our e-mail is NCMCO@bellsouth.net or call Liz G. at Central Office.

Mountain Doins 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 the N.C. Mountain Central Office. Material reprinted from A.A. World Services Incorporated, or from *The Grapevine* is published with permission.



New Meetings & Changes



The Hendersonville Group at 1620 Willow Road has an incorrect listing in the District 71 Where & When. Please note that the meetings are: Wednesdays at 6:00pm (Non Smoking), Wednesdays at 8:00pm (Non Smoking), Friday (Closed Step Study SMOKING), and Saturday at 8:00pm (Non Smoking). Any questions, please call Ike F. at 828-891-8358 or 828-551-6192.

Against All Odds is a new meeting at 7:00pm Wednesdays and Fridays, at Groce United Methodist Church's Charter Hall, 954 Tunnel Road, Asheville.

Nuevo Despertar meeting at Serenity Service Group location has changed its meeting time to **7:00pm** Sundays (OD), and **two more Spanish-speaking meetings** have been added (same location): 8:00p Wednesdays and Fridays. Call Jesus 828-545-3524 for details.

The Black Mountain Group that meets on Monday and Thursday is changing to an earlier time. The Monday and Thursday meetings will now be held at 7:00p.m.

Bryson City Group Thursday SS Meeting will be at 6:30pm starting on November 1st, 2008. All other meeting times remain the same.

Eleven-Eleven-Eleven meets at the Cloud Cottage in Black Mountain, 11:00am weekly, Open 11th Step Meeting. For directions, please go to www.cloudcottage.net, or email Jude T. at cloudcottage@bellsouth.net.

The Leicester Group that meets at Bell Methodist Church on the corner of Leicester Highway and Newfound Road currently meets on Wednesdays at 8pm (Closed Discussion). They will now be having a meeting on Saturdays at 8pm (Open Discussion).

Neil Dobbins Detox please note that all Neil Dobbins Detox meetings are now closed to all outside visitors.

Fellowship Hall has a new meeting on Wednesdays at 5:30pm (12 Step Study Meeting). Fellowship Hall is located at 312 Haywood Road in Asheville. Please call Terry H. at 828-484-9070 for more information.

Practicing Principles Group has a 2 new meetings-- on Tuesdays at 6:00pm (Open Big Book) and on Fridays at 6:00pm (Open Step Study), at St. John's Episcopal Church, 18 Jackson Street in Sylva beginning December 9th.

The Sunday Afternoon Edneyville Group is moving from St. Paul's Church to Mt. Moriah Baptist Church after January 1, 2009. The new location will be 3/4 mile up Gilliam Mountain Road. Gilliam Mountain Road is right across the Highway 64 from St. Paul's Road. For more information, please contact Jacki R. at 828-685-8672 before 7:00pm.

New meeting in Arden on Wednesdays, 6:30pm, St. Barnabas Church in Arden (Closed Big Book Discussion Meeting). St. Barnabas is located beyond Airport Rd. on South Hendersonville Hwy, pass Crescent View on your right. At the next street there is a bakery outlet, turn right and then left into the church parking lot. Use the entrance door to the right, then right down corridor and left at Oscar Romeo Room. For more information, please contact Greg F. at 828-681-8999.



Events Page

Freedom From Bondage XXI

Area 51 AA Corrections Conference
March 13 - 15, 2009
Days Inn (formerly Holiday Inn)
Southern Pines, NC
(800) 262-5737 for reservations

45th International Women's Conference

Metrolina Intergroup's Unity Alcathons

December 24 - 25, 2008
6pm Christmas Eve - 6pm Christmas Day
Chemical Dependency Center
100 Billingsley Road
Charlotte, NC 28211

December 31, 2008 - January 1, 2009
6pm New Year's Eve - 6pm New Year's Day
Chemical Dependency Center
100 Billingsley Road
Charlotte, NC 28211

Sandlapper Roundup XVI

December 5 - 7, 2008
Landmark Resort Hotel
Myrtle Beach, SC
(800) 845-0658

4th Annual District 93 Alcathon

1509 Ketch Lane
Kill Devil Hills, NC 27948
Website: www.AAobx.org
December 31, 2008 - January 1, 2009

Big Town Group Christmas Eatin' Meetin'

December 19, 2008
Open Speaker Meeting 7pm, Eatin' 8pm
Etowah United Methodist Church
110 Brickyard Road
Etowah, NC
**Turkey & Ham provided. Please bring a covered dish or desert.*



Come To The Christmas Alcathon



Hendersonville Group of AA
1620 Willow Road
(Across from Valley Hill Fire Department)

December 24th and 25th

Meetings start at **12 noon** and end at **10 PM**
(Meetings begin on even hours)

BOTH DAYS

Coffee Furnished - Goodies and Snacks Appreciated





Phone Log For October 2008

AA Crisis.....	6
General Info.....	32
Family Help.....	11
Meeting Info.....	94
NCMCO Business.....	72
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News From District 70

Bill C., your Alternate DCM from District 70, reported that he went to an A.A. Group on Saturday, October 11th to help do a group inventory. It was a very interesting time with a lot of good feedback and ideas from the group members that participated. I think they have come up with many good ideas to help their group, getting group members more active and the spirit of rotation with group officer positions, along with many more ideas. It was also stated that the officers they have are doing a great job with no complaints from group members.

I also attended the meeting before the inventory and witnessed how they practice the primary purpose with newcomers. The group members should be very proud to belong to this group. I think a group inventory would be very helpful for any group that wants to look at how well they do certain things and what they could improve on.

I would like to thank this A.A. group for asking me and for giving me the opportunity to improve my sobriety.

Your In Love & Service,
Alt. DCM, District 70
Bill C.

The Recovery Corner



Tips on Staying Sober Through the Holidays

Heading into the holiday season can put a strain on our serenity and make it tough to stay sober. Over the years I have found the holidays to be a challenge. Some were better than others. This year is looking pretty good so far but we are not there yet. Here are some tips that can help:

- Have phone numbers handy. Call someone everyday. You don't have to be calling them out of desperation to stay sober. Call them to listen to them or wish them a happy holiday. It gets you out of yourself. Put the numbers on the fridge.
- Try to pay attention to your kids, grandkids, parents, brothers, sisters, and spouse. When you are looking out for others it is hard to get pre-occupied with self. Slips almost always have a component of self centeredness. Little acts of kindness are not compatible with self-centered fear.
- Go to more meetings. Avoid the craziness in the stores and the phoniness of holiday parties. Meetings are real spiritual food for the soul.
- Try to make some amends for past holiday selfishness. Consciously trying to heal close family relationships. This is a gift that keeps on giving long after the presents are discarded.
- Make sure to ask your higher power for help in the morning and thank your higher power at night when you get through the day sober. It is hard to be grateful and full of self pity.
- If you don't have a sponsor, give yourself a priceless gift and get a sponsor who has what you want. Don't just pick one out; make sure you ask them to be your sponsor. You will keep them sober too.
- Make some gifts for people you love. Spending money you don't have can just add to the "Big Shot" image that we are trying to get over. Give a gift of service. Volunteer on the AA phone line.
- Decorate your house a little, even if you live alone. It takes away our self pity to make a nice atmosphere.

Remember that the holidays are just one day no matter how bad or lonesome they can be. After we become adults (sometime after we start to get sober), we begin to experience the holidays as a time of loss. We look around the table and see who isn't there. Give yourself a few moments to remember the people that we loved and lost even through our drinking. You could even write a little thought to those who have gone on before us. Spend a few moments being sad, it won't kill you. Give yourself a time limit for these sad thoughts and then get back out of solitude and into the action of connecting with others in sobriety.

Have a great sober holiday season!

Why don't you write an article for the New Year edition of the Mountain Doings? It will help me, too!



CENTRAL OFFICE NEEDS YOUR HELP!!!

The North Carolina Mountain Central Office Board, elected by the Central Office Representatives Committee ("the CORs"), serves the Western North Carolina A.A. community. The NCMCO Board has several openings for service to the A.A. community. The required minimum sober time is two years continuously; previous experience in an elected A.A. position is desirable. Qualified candidates (excepting the hiring of the office manager) are chosen by the Board and may only be *disqualified* by the CORs in a two-thirds *disapproval* vote.

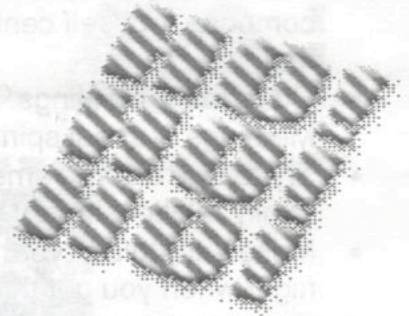
Secretary

The Secretary shall take minutes of all COR and Central Office Board meetings and have copies of same within 14 days available at the Central Office's customary place of business, provide timely written notice of the meetings of the Committees, shall have charge of the books, records and papers of the North Carolina Mountain Central Office with the responsibility of filing same in the Office Manager's office. Shall see that reports, statements and other documents required by law are properly kept and filed. This is an unpaid, volunteer position.

Treasurer

The Treasurer has charge and custody of all funds of Central Office, ensures the accuracy of all financial records of Central Office, arranges for preparation and filing of all required tax returns and an annual financial report, and prepares a monthly financial report and presents it to the Central Office Board and COR Committee. This is an unpaid, volunteer position.

** The material presented here is adapted and summarized from the NCMCO By-Laws. A copy (printed or electronic) of the By-Laws is available on request to any A.A. member.*



You're Invited To A Central Office Event Holiday Open House

Saturday,
December 20th, 2008
2pm – 4pm



NCMCO Happenings

Please

HELP

We're looking for you!

We are looking for volunteers for Central Office. This is a great opportunity to be of service and to keep AA going in our area! Please call the office manager, Liz, email her at ncmco@bellsouth.net or stop by and see Liz in person at Central Office during office hours:

**Central Office hours of operation are from 10:00am - 1:00pm,
Monday - Friday.**

We would love to be able to bring literature to sick and suffering alcoholics within our area's correctional facilities... Please drop off any **SOFT COVER A.A. LITERATURE** to the Central Office between the hours of 10:00am - 1:00pm., Monday thru Friday. Thank you for helping to carry the message of A.A. to those in correctional facilities!



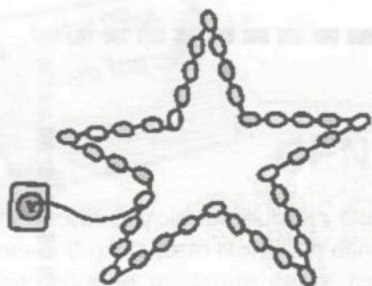
Please submit all anniversaries, meeting changes, and any submissions by the first day of the preceeding month.

Items must be received by December 1st to be included in the January issue.

P.S. We are not receiving information from all of the groups in our area in enough time to make it into the Mountain Doin's. Don't let your important events, group anniversaries, individual member's anniversaries, A.A. related announcements, and group changes be left out!!



Would you like to be a valuable part of A.A. 12th Step Service Work? District 70 is looking for you! They are in need of a Committee Chariperson for: Corrections, Treatment, Webmaster, and Archivist. Please contact Brenda W. at 828-668-7618 or 828-275-8202 to find out more...



If you'd like to submit an article, joke, poem,
comic strip, original artwork,
or any other recovery related material, please
send it to Central Office by
December 1st, 2008, at:
ncmco@bellsouth.net

There's No Place Like The Mountains For the Holidays...

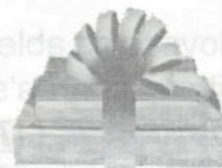
From the Literature Desk

Need a holiday gift idea for someone special to your recovery?
Come and visit Central Office before you fight those crowds at the mall.

Here's a sampling of what we have for the holidays:

- A.A. literature, pamphlets, and history books *en Espanol!*
(and we can order A.A. literature in almost any language)
- 2009 A.A. History Calendar
- Beautiful bookmarks
- New recovery greeting cards
- Gift editions of several different books
- A large selection of literature in **LARGE PRINT!**
- **Audio versions of some of our most popular literature**
- **We even have a copy of the Big Book in BRAILLE...**

PLEASE LET US KNOW OF ANY LITERATURE YOU'D
LIKE TO SEE US CARRY AT CENTRAL OFFICE.



Congratulations!

To Rob L., Winner of Our November Mountain Doin's Poetry Contest!

Lifestyles

© 2002 Robert L.

I don't consider myself to be a moralist preacher
But if that is the lifestyle that you choose
Then all I can do is pray for you and yearn
And say that I will be here when you return

I am not saying that I am of perfection
I am one in need of direction
But if that is the Lifestyle that you choose
Then my focus must turn away from you

No one should carry any shame
For their decision or impulsive aim
Each person must place his own blame
But no one is the same and I don't play that game

When you show up again at my door
Know what I expect nothing more
If you should lean again toward your old ways
Then I will see you later in better days



NCMCO Financial News

Group Contributions For October 2008 District 70

Group Name	October 2008 Contributions
Acceptance	108
Asheville Big Book Step Study	80
Back To Basics	-
Black Mountain	-
Bone Dry	-
Burnsville	-
Candler KISS	150
Chunn's Cove Men's	-
Conscious Contact	195
Cumberland	-
Daily Decisions	-
Day by Day	350
Dix Creek	-
Fellowship	-
Good Livers	108
Grace	-
High Noon	-
Lambda	6
Leicester	-
Marion	-
Marshall	-
Mars Hill	-
Safe & Sound	-
Recovery By The River	64
Serenity Seekers	25
Serenity Service	50
Six O'Clock Open	-
Spruce Pine	-
Swannona Library	-
Traditional	-
West Asheville	-
Women of Grace	46
Young People's	-
Subtotal District 70	\$1,182

Group Contributions For October 2008 District 71

Group Name	October 2008 Contributions
Big Town	72
Blue Ridge	25
Brevard Serenity	-
Brevard Sylvan Valley	-
Columbus	-
Early Birds	-
But For the Grace of God	-
Edneyville	-
Hendersonville	-
Hendersonville Happy Hour	-
Joy of Living	-
Kanuga	22
Mid-Day	105
Mill Spring	25
Mountain View	-
Plan B	-
Principles	-
Seniors on Sobriety	-
Speed Bump	-
Sylvan Valley	-
Thursday Afternoon Women's	50
Tryon Tuesday	-
Upward	30
Subtotal District 71	\$329

Group Contributions For October 2008 District 80

Group Name	October 2008 Contributions
AWOL	-
Cashiers Valley	126
Common Sense	-
Cullowhee Valley	-
Fireside	-
Hayesville	30
Hayesville Lunch Bunch	-
Locked In Forward	-
Maple Grove	-
Murphy Big Book	20
No Name	15
No Place Like Home	25
Sylva	-
Sunshine	-
Subtotal District 80	\$216

**Total Group Contributions
For October 2008 =
\$1,727**

December Birthdays



Acceptance Group

Dave K.	12/31/07	1 year
David R.	12/31/92	16 years
Eric H.	12/9/07	1 year
Jack K.	12/7/82	26 years
Jack W.	12/27/91	17 years
Mike M.	12/14/07	3 years
Nancy H.	12/20/05	3 years
Perrie R.	12/31/04	4 years

Asheville Big Book Step Study

Jaime S.	12/16/95	13 years
Dow S.	12/14/04	4 years

Back to Basics Group

Rich Y.	12/18/00	8 years
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Fletcher Group

Brian U.	12/22/02	6 years
Helen H.	12/29/05	3 years
Joe T.	12/8/96	12 years
Tommy A.	12/29/92	16 years

Grace Group

Jim H.	12/1/82	26 years
Nancy F.	12/10/97	11 years
Lisa B.	12/11/05	3 years
Shannon K.	12/12/98	10 years
Sarah H.	12/13/05	3 years
Kris W.	12/17/03	5 years
Carter M.	12/17/06	2 years
Melody J.	12/18/03	5 years
Mel D.	12/21/06	2 years
Mark M.	12/25/07	1 year
Lloyd W.	12/29/86	22 years

Happy Hour Group (Hendersonville)

Kate A.	12/14/92	16 years
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Hendersonville Group

Hoyt G.	11/19/70	38 years
Jennifer V.	11/28/04	4 years
Cherie K.	11/28/06	2 years
Charlie S.	12/30/02	6 years
Cathy V.	12/17/96	12 years
Bruce C.	12/24/82	26 years
Bob A.	12/11/81	27 years

Leicester Group

Darold A.	12/6/85	23 years
Jo B.	12/30/07	1 year

Serenity Service

Patty L.	12/22/06	2 years
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Traditional Group

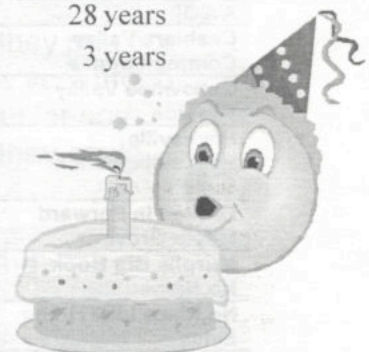
Bill S.	12/5/01	7 years
Keith B.	12/25/01	7 years
Sophia B.	12/23/03	5 years
Jeff "Red" D.	12/28/05	3 years
Siddy S.	12/20/06	2 years

Upward Group

Maurice S.	12/21/80	28 years
Helen H.	12/29/05	3 years



If you don't see your birthday listed and you had a birthday in December, please have your group's Central Office Representative contact us and we'll be sure to include you in the January issue. We want to celebrate everyone's recovery!





There's History In These Mountains...

Every year the Black Mountain Group celebrates their anniversary in October with a potluck and speaker. This year our speaker was Dale, Dist 70's CPC/PI committee Chairperson. She did a great job telling her story. There were about 50 people attending and we plenty of food. I would like to thank everyone for being there and helping us celebrate 31 years.

The Black Mountain Group was founded in October 1977. The meeting was held at St. James Episcopal Church. The main purpose of the group was to offer strength, hope and experience through the 12 Steps and Traditions. There was another meeting in Black Mountain at this time but it only offered basic introduction of the first three steps.

The Black Mountain Group grow in size so in 80's one of the founding members formed another group called "The Joy Group". It was a women's meeting. Then the Pathfinders Group was formed in the 90's. This information may not be 100% accurate. We are looking for more information about the Black Mountain Groups so we can submit it to the Arcives.

Submitted by Brenda W.



Sobriety Word Search Puzzle

I	I	N	R	E	V	O	C	E	R	U	T	A	N	S	M
N	W	E	E	S	H	E	H	O	I	B	V	A	E	C	T
G	V	U	M	D	E	S	P	O	N	S	O	R	I	A	S
V	E	I	O	C	G	S	M	W	I	L	L	I	N	G	O
T	E	H	C	R	M	E	A	P	C	S	I	G	P	H	K
E	R	X	W	E	E	N	L	H	R	O	I	I	K	H	E
D	I	R	E	S	E	E	A	O	V	B	E	N	R	I	A
E	J	R	N	E	F	V	D	N	L	R	H	E	O	M	P
F	S	E	I	N	S	I	J	E	Z	I	I	L	W	E	R
N	S	T	V	T	E	G	U	N	J	E	W	C	D	E	H
Z	J	S	E	M	R	R	S	P	N	T	P	A	N	T	B
Q	L	U	P	E	V	O	T	E	R	Y	F	R	U	I	S
A	P	M	A	N	I	F	E	S	T	A	T	I	O	N	Y
H	E	E	R	T	C	L	D	E	D	E	Y	M	R	G	E
H	T	T	G	D	E	D	U	T	I	T	A	R	G	S	S
E	E	F	E	K	P	U	D	B	O	W	Q	H	H	P	F

Find the following hidden words:

maladjusted
manifestation
resentment
sobriety
tangible
forgiveness
miracle

dire
nature
muster
pray
recover
sponsor
willing

meetings
phone
service
newcomer
gratitude
grapevine
gratitude

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