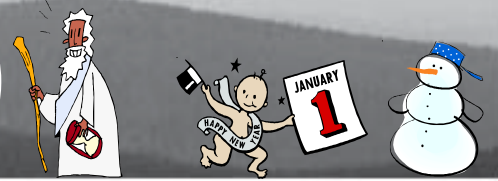


MOUNTAIN DOIN'S

Central Office Newsletter

January 2009



Published by the North Carolina Mountain Central Office (Districts 70, 71, & 80)
206 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801
Phone: 254-8539 or 1-800-524-0465 Email: ncmco@bellsouth.net

\$\$\$ HELP YOUR CENTRAL OFFICE SAVE MONEY ON POSTAGE \$\$\$
If you'd like to receive the Mountain Doin's and Where & When by email in PDF format,
please send your e-mail address to Liz at ncmco@bellsouth.net. Thanks!

District 71 Business Meeting
Saturday, January 10, 2009
2:00pm @ Etowah United Methodist
Church

District 70 Business Meeting
Sunday, January 11, 2009
2:30pm @ St. Luke's Episcopal
Church
219 Chunns Cove Road, Asheville

District 80 Business Meeting
Sunday, January 18, 2009
1:30pm @ Cherokee United
Methodist Church

**HAPPY
NEW
YEAR**



**Central Office
Representatives Meeting
(C.O.R. Meeting)**

Sunday, January 25, 2009
2:00pm @ Mt. Pisgah
Lutheran Church,
Hendersonville

**LOOK INSIDE FOR IMPORTANT
INFORMATION ABOUT THIS
MEETING ALONG WITH
DRIVING DIRECTIONS...**

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 1st. If you have flyers for your event please submit an electronic version in MS Word, Adobe Illustrator, PageMaker, or Acrobat PDF, or call Central Office if you're not sure how to send us your flyer. You can email Central Office at: ncmco@bellsouth.net. Please contact Liz G., our Office Manager, at: **828-254-0454** or **800-524-0465**.

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.



Phone & Activity Log For November 2008

| | |
|---------------------|-----|
| AA Crisis..... | 7 |
| General Info..... | 23 |
| Family Help..... | 3 |
| Meeting Info..... | 62 |
| NCMCO Business..... | 133 |
| Medical Detox..... | 1 |
| Visitors..... | 86 |

Unity Weekend March 2009

Dear Friends,

On November 5, 2008, **Clancy I.** celebrated *50 years of sobriety*. He celebrated on his actual AA Birthday at the Pacific Group in Los Angeles, CA, but we wanted to commemorate this landmark with him also because of the many years he has been speaking at this annual event on Jekyll Island.

So we are making the Unity Weekend of March 5, 6, 7, & 8th, 2009, a very special occasion. This will be a 4-day event starting Thursday night with a **Low Country Boil** on Friday at noon and a **Golf Tournament** on Saturday at noon. Joining him will be seven of his friends. That is eight great speakers!

Our present hotel will only seat 400 and we anticipate a large interest in this event. We wanted to let you know if you plan on coming or are thinking about it you should register A.S.A.P.

Go to www.jekyllislandaa.com for more details and registration information.

We need your help to get the word out for this event. Please reply to this email and let us know how many flyers to mail you and the address, so you can post at meetings or give to friends: ray@jekyllislandaa.com. You may also call us at: 727-409-0819.

NEMCO Financial News

| <i>Group Name</i> | <i>November 2008 Contributions</i> |
|-----------------------------|------------------------------------|
| Acceptance | 50.00 |
| Burnsville | 50.00 |
| Conscious Contact | 326.96 |
| Fellowship (Fletcher) | 178.07 |
| Grace | 500.00 |
| High Noon | 71.00 |
| Monday Night Open Meeting | 170.50 |
| Subtotal District 70 | \$1,346.53 |

| <i>Group Name</i> | <i>November 2008 Contributions</i> |
|-----------------------------|------------------------------------|
| Midday Group | 61.27 |
| Subtotal District 71 | \$61.27 |

| <i>Group Name</i> | <i>November 2008 Contributions</i> |
|-----------------------------|------------------------------------|
| Practicing Principles | 75.00 |
| Subtotal District 80 | \$75.00 |

CONTRIBUTIONS & LITERATURE SALES

| <i>Item</i> | <i>November 2008</i> |
|---|----------------------|
| Group Contributions (TOTAL for Nov. 08) | 1,482.80 |
| Anonymous Contributions | 100.00 |
| Literature & Chip/Medallion Gross Sales | 1,354.64 |
| TOTAL | \$2,937.44 |

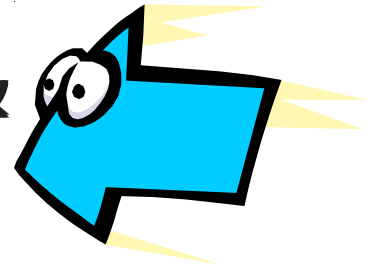
NOVEMBER 2008

**Number of Groups That Central Office Served
During November = 42**

**Number of Groups That Donated Contributions to
Central Office During November = 9**



New Meetings & Changes



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.

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.

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.

Are you looking for a way to help other alcoholics during the holiday season? **The Turning Point Meeting** (held at the Veteran's Administration Hospital, on Tunnel Road in East Asheville, 5th Floor, Room 5, South) is in need of support. The group meets **Monday – Friday, at 1:00pm**, and **Wednesdays at 6:00pm**. **This is a great way to help out other alcoholics and our nation's veterans at the same time!**



If you'd like to submit an article, joke, poem, comic strip, original artwork, or any other recovery related material, please send it to Liz G. at Central Office by January 1st, 2009. Our email address is: ncmco@bellsouth.net

From the Literature Desk

Here's a sampling of what new literature we have at Central Office...

- Meditation books in Espanol
- 2009 A.A. History Calendar
- 2009 Pocket Calendars from the Grapevine
- Beautiful new bookmarks, magnets, stickers for your car
- 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 books
- Meditatioin C.D.'s
- **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.*



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.*

C.O.R. Meeting

Sunday, January 25th, 2:00pm



**Mt. Pisgah Lutheran Church
2606 Chimney Rock Road
Hendersonville, NC 28792
(828) 692-7027**

Directions

- Take **I-40** to **I-26 East** towards **Hendersonville/Spartanburg/Asheville Airport** (18.8 miles)
- Take **Exit 49A - Bat Cave (Us-64 E)**
- Turn **right** onto **Grassy Hills Drive** (1.4 miles)
- Keep **left** at the fork to continue on **Grassy Hills Drive** (0.3 miles)
- Turn **Left** onto **US-64 West – Chimney Rock Road** (0.3 miles)

You don't want to miss this one!

We'll be voting on lots of important things that have to do with how Central Office can best serve the groups in Western North Carolina. Our new office manager, Liz G., will be speaking about what's happening at Central Office and what important changes we need **your** input on. We look forward to having a group representative from every group in Western North Carolina at the meeting!

openings

Please

HELP

for

We are looking for a person to work at our 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 January 1st to be included in the February 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 Chairperson for: Corrections, Treatment, Webmaster, and Archivist. Please contact Brenda W. at 828-668-7618 or 828-275-8202 to find out more...

January Birthdays



Acceptance Group

| | | |
|------------|---------|----------|
| Alberta W. | 1/12/02 | 7 years |
| Chad W. | 1/14/08 | 1 year |
| Chris O. | 1/22/81 | 28 years |
| Damon D. | 1/12/96 | 13 years |
| Jill H. | 1/11/86 | 23 years |
| Mike Mc. | 1/1/85 | 24 years |
| Nick M. | 1/18/94 | 15 years |
| Nicole J. | 1/18/91 | 18 years |
| Tom M. | 1/1/91 | 18 years |

Back to Basics Group

| | | |
|----------|---------|----------|
| Peggy S. | 1/4/95 | 14 years |
| Judy M. | 1/19/82 | 27 years |
| Amy M. | 1/21/74 | 35 years |
| Frank M. | 1/27/04 | 5 years |

Fletcher Group

| | | |
|-----------|---------|----------|
| Kerry Mc. | 1/26/87 | 22 years |
|-----------|---------|----------|

Grace Group

| | | |
|------------|---------|----------|
| Joe D. | 1/1/03 | 6 years |
| Anne M. | 1/6/08 | 1 year |
| Barbara W. | 1/10/08 | 1 year |
| Steve W. | 1/11/97 | 12 years |
| Liz N. | 1/12/99 | 10 years |
| Andi K. | 1/14/99 | 10 years |
| Amy W. | 1/14/08 | 1 year |
| Larry E. | 1/18/97 | 12 years |
| Susan P. | 1/19/85 | 24 years |
| Tony W. | 1/20/00 | 9 years |
| Ed C. | 1/20/08 | 1 year |
| Dina R. | 1/20/06 | 2 years |
| Donna C. | 1/21/08 | 1 year |
| Ellen S. | 1/24/01 | 8 years |
| Ryan J. | 1/24/05 | 4 years |
| Tammy M. | 1/25/08 | 1 year |
| Frank M. | 1/28/04 | 5 years |

Hendersonville Group

| | | |
|----------|---------|----------|
| Sonya C. | 1/1/98 | 11 years |
| Tom R. | 1/30/75 | 34 years |

Leicester Group

| | | |
|----------|---------|---------|
| John P. | 1/7/07 | 2 years |
| Carol C. | 1/19/04 | 5 years |

Serenity Service

| | | |
|--------------|---------|----------|
| Christine M. | 1/29/98 | 11 years |
| Mark G. | 1/29/05 | 4 years |
| Michael R. | 1/23/07 | 2 years |
| Richard S. | 1/15/07 | 2 years |
| Renee M. | 1/10/05 | 4 years |
| Renee F. | 1/14/07 | 2 years |
| Susan K. | 1/1/06 | 3 years |
| Mary B. | 1/15/07 | 2 years |
| Pedro G. | 1/18/93 | 16 years |
| Debbie P. | 1/27/98 | 11 years |
| Daniel T. | 1/24/07 | 2 years |
| Alberta W. | 1/12/02 | 7 years |
| Buddy D. | 1/16/05 | 4 years |
| John S. | 1/21/89 | 20 years |
| Terri R. | 1/16/07 | 2 years |
| Pete W. | 1/17/07 | 2 years |
| Tracy B. | 1/13/07 | 2 years |
| Hugh T. | 1/24/94 | 15 years |
| Terry Y. | 1/12/07 | 2 years |



If you don't see your birthday listed and you have a birthday in January, please have your group's Central Office Representative contact us and we'll be sure to include you in the February issue.

Congratulations!





Events Page

District 71 Business Meeting
Saturday, January 10, 2009
2:00pm
Etowah United Methodist Church

District 70 Business Meeting
Sunday, January 11, 2009
2:30pm
St. Luke's Episcopal Church
219 Chunn's Cove Road, Asheville

42nd Tar Heel Mid-Winter Conference
January 15 – 18, 2009
PO Box 18412
Raleigh, NC 27619-8412
Email: ncconference@nc.rr.com

District 80 Business Meeting
Sunday, January 18, 2009
1:30pm
Cherokee United Methodist Church

Big Book Weekend
January 16 – 18, 2009
PO Box 951903
Lake Mary, FL 32795
Email: leestapes@viafamily.com
www.bigbookweekend.com

Central Office Representatives Meeting (C.O.R. Meeting, "Intergroup Rep. Mtg.")
Sunday, January 25th, 2009
2:00pm
Mount Pisgah Lutheran Church
Hendersonville, NC

Hilton Head Mid-Winter Conference
January 30 – February 1, 2009
PO Box 6256
Hilton Head Island, SC 29938
www.hiltonheadmidwinterconference.org

38th Annual Gulf Coast Roundup – Love & Tolerance
February 6, 7, 8th, 2009
Fort Walton Beach, Florida
www.gulfcoastroundup.com

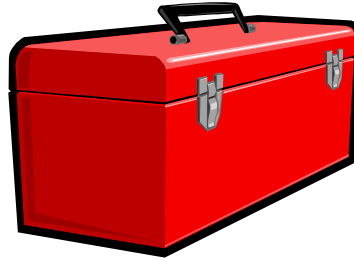
45th International Women's Conference
Salt Lake City, Utah
February 12 – 15, 2009
www.internationalwomensconference.org
**Mail-in registration closes January 9, 2009*
Contact Lorna N. with questions at:
801-403-4455
Or by email at:
chair@internationalwomensconference.org

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

Weekend in San Antonio With A.A.
April 3 – 5, 2009
Norris Conference Center
Crossroads Mall
410 & Fredericksburg
San Antonio, Texas
www.aainsa.org
210-821-6325

51st International Conference of Young People in Alcoholics Anonymous (ICYPAA)
May 21 – 24th, 2009
Atlanta Marriott Marquis, Atlanta, Georgia
www.icypaahost.org or info@icypaahost.org
or registration@icypaahost.org
Todd: 770-364-7765
Lauren: 404-444-4555
Walker: 678-768-5222
ASL Meetings Available

A New Year's Toolbox



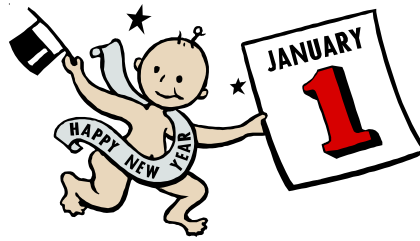
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 D W Z K R M E E T I N G S V W
 M E K X H P V B T L A H K K M
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 S N U Y K M W E O B P J S W I
 I G Q E W U U F R W M U S Y F



Help
 Telephone
 Gratitude List
 Meetings
 Service
 Prayer
 Meditation
 Coffemaker

Steps
 Journal
 Hope
 K.I.S.S.
 H.A.L.T.
 Reading
 Speaking
 Volunteer





Making All Things New For the New Year

People who live virtuous lives expect to see goodness unfolding in their path. They live lives that are near-perfect, virtuous, and work out almost mathematically. In A.A., our lives stumble into goodness without much planning or discipline or virtue. We cannot do the math and see our way to a much deserved reward. In fact, when we do the math, all we see is the cruel justice of paying the piper at the end. So what is the formula?

The formula is simple. If you want to have a life filled with meaning, it can start immediately--even if you are sober and in your first 24 hours. To live even a few hours without a drink is useful to others who know us. When I say that my name is Jim, I am an alcoholic, and I did not drink today, it is an expression of wealth beyond my wildest dreams. I could not imagine life, not even a day, without a drink.

Alcohol made my life have purpose and then it began to take everything away. It took me to places that left me filled with shame and full of self-hatred. It took away any ability I had to love anyone and anything and it left me with this horrible sense of self-loathing. When I had nowhere else to turn, it made me lie, cheat, steal, and act in ways that were instinct driven. It committed me to a life of being shocked by myself. I came to believe that I had nothing to offer to anyone, not even my own children.

One day as, I drifted along without a rudder or an oar, a person told me about themselves. They too had drunk alcohol like me. They too had lived a life that shocked them just like me. They told me their story in enough detail so that I could say, "that was me." That was the moment that I began to receive the lavish inheritance that we receive in the rooms of A.A.

It is more than backwards to find out that the very behaviors and experiences that made me feel so depraved could be liberating to others. Once I could get a full estimation of my defects I could begin by sharing those deep dark despicable secrets with someone else. When I did this I was greeted with the words of liberation that I never ever expected to hear ever, "Yes, I did that too," usually followed by a chuckle.

I had backed into a goldmine. I had a brother. I wanted to tell everyone, but quickly realized as I tried that not everyone was ready. I told my Dad but he was not impressed. I tried to tell a lady who I drank with but she was trying to convince me that she could never be as bad as me. I hit a wall. Finally, my sponsor gave me a secret. "You want to help people?" he said. I told him that I did but no one wanted to hear what I had to say. "Listen," he said, "just listen."

I realized that this was a new concept. It was his listening that allowed me to see my garbage as useful. I didn't know that once I could live without secrets, I would no longer be afraid to listen. My fear of listening had to do with the fact that I might hear my own secrets and my own secrets terrified me. Now I wasn't deafened by my own judgments upon myself.

Do you want to make all things new in the New Year? Trust in God, clean house, and listen. Perhaps you will hear a new secret whispered from deep inside, penetrating your stone-cold heart with the words, "I love you."

Jim G.

Would you like a subscription to *Mountain Doin's*?

Contact Liz. G. at Central Office: 828-254-8539 or ncmco@bellsouth.net.

Mountain Doin's Annual Subscriptions: ***PLEASE NOTE NEW RATES (due to Postal rate increase)

Groups:

| | No charge | |
|----------------------|------------------------------------|-------------------|
| | <i>Pick up from Central Office</i> | <i>Deliver by</i> |
| 2 copies monthly | | |
| <i>mail</i> | | |
| 5 additional copies | \$10.00 per year | \$22.00 per |
| year | | |
| 10 additional copies | \$20.00 per year | \$37.50 per |
| year | | |
| 15 additional copies | \$25.00 per year | \$48.00 per |
| year | | |
| 20 additional copies | \$30.00 per year | \$65.00 per |
| year | | |

Individual Members:

Single copy monthly \$7.00 per year

Please circle which of the above you wish to receive and Clip and mail with check or money
order to:

North Carolina Mountain Central Office
206 Park Place offices
70 Woodfin Place
Asheville, NC 28801

Address correction requested
Town and Zip Code