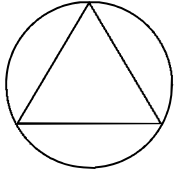


NOVEMBER 2009



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Phone: (828) 254-8539 Email: ncmco@bellsouth.net
www.ashevilleaa.org www.district71nc.org www.aawnc80.org
OFFICE HOURS: 10:00AM—1:00PM, Monday thru Friday (closed major holidays)

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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 ncmco@bellsouth.net. Thanks!

It's Gratitude Time—Again!

It's the month for gratitude meetings again. We have so very much to be grateful for. In these difficult economic times it's easy to get down about things and forget the many blessings that we have. First and foremost, we have our sobriety. We ate today, had shelter, and our other basic needs are met. When we live sober, we are able to repair our relationships with family and friends—what a gift they are to us. The AA program, our fellowship and meetings are also worthy of our gratitude. Thank you to the folks that make our district events possible and to all the volunteers that make AA work. We hope you'll join District 70 for the 2nd Annual Gratitude Spaghetti Dinner coming up. See below for details...

2nd Annual Gratitude Spaghetti Dinner

To Benefit District 70

Saturday November 14, 2009 5:00pm - 8:30pm

Calvary Episcopal Church

2840 Hendersonville Rd Fletcher, NC, 28732

Doors Open: 5:00pm, Dinner Begins 6:00pm

Speaker Meeting Begins 7:30pm

Tickets \$7.00 Suggested Donation

Sobriety Countdown Raffle Door Prizes

Directions: From Asheville take I-40 to US-25 Alt Exit, go .3miles.

Turn Left Onto US-25 Alt, go 7 miles. Turn Left onto US 25 for 1.2 miles

Church will be across from Ingles

Contact Karen F. 828-669-0570 or Cay F. 828-337-5230

Volunteers needed

Please Bring a Dessert to Share



The **Mountain Doin's** 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 members' anniversaries including the date. (Note--we don't keep them from year to year.) **The deadline for submissions is the first of the month prior to the issue month.** For example, the cutoff for the June issue is May 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 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.

NCMCO 2010 ANNUAL BUDGET

INCOME	
All Sale Items	\$30,000
OTHER INCOME	
Interest Income	\$12
Group Contributions	\$25,000
Individual Contributions	\$1,000
TOTAL INCOME	\$56,012
EXPENSES	
Total Cost of Goods Sold	\$23,000
Postage and Shipping Costs	\$1,500
Office Supplies	\$1,200
Office Equipment	\$1,000
Copier Rental	\$2,400
Editor	\$1,200
Insurance	\$400
Consulting Fees--Legal, Accounting, etc	\$300
Office Open Houses	\$212
Travel and Conference Fees	\$400
Sales Tax	\$1,800
Rent	\$5,000
Cleaning and Maintenance	\$300
Office Payroll Expenses	\$10,000
Telephone	\$3,800
Answering Service	\$3,500
TOTAL EXPENSES	\$56,012
Prudent Reserve	\$5,000

Central Office Phone Log SEPTEMBER 2009

A.A. Crisis: 1
 General Information: 18
 Family Help: 7
 Meeting Information: 79
 Central Office Business: 22
 Referrals for Medical Help, Detox,
 Hospital, Etc.: 4
 Visitors: 73

A request from a tele-service volunteer: If anyone has any information on low-cost or free emergency animal boarding for people in crisis please call the Central Office.

BUDGET REPORT FROM THE NCMCO TREASURER

By Bob S.

The last 12 months have been extremely hard on all of us. The central office has also seen a decline in income. Our contributions for the same period this year compared to last year were down about \$3,000 and our expenses have increased over \$3,000. We have been taking cost cutting measures and have found areas where we could save money without cutting any services. The proposed 2010 budget is very tight and optimistic at the same time. Come by the office and see what's going on and all the materials we have to offer. We have some discontinued items at half off the regular price. Hope to see you there.

Visit Central Office For Our Clearance Sale

Journals, Book Lights,
Bookmarks, and more—
50% off orig. price



MEETING CHANGES

Correction: Arden—Living in the Solution meeting on Wed. is at 7:00pm not 6:00pm

Cancelled: Sylva Noon Lunch Group on Wednesdays

New: Murphy “No Place Like Home” meeting now meets on Monday too, Free Methodist Ch, 452 Valley River Ave (OGVD)

New: Penrose “Strange Camels” Thurs 6:37pm (they said they were strange) (CBB) call David 828-989-7071 for location (private residence)

New: “Tryon 12&12” Wed 6:30pm 90 N. Trade St. Tryon, Call for Info: (828) 489-9026

Group Donations



Group	September	YTD	Group	September	YTD
Acceptance Group		\$861.72	Log Cabin		
Against All Odds			Lunch Bunch-Sylva		
Andrews			Maggie Valley		
Ash. Big Book Step Study		\$184.24	Maple Grove		\$104.69
AWOL	\$6.50	\$16.50	Marion AA		
Back to Basics		\$350.00	Mars Hill		\$230.00
Bethel Up the River			Marshall		\$50.00
Big Town		\$209.69	Men's Attitude Adjust.		
Black Mtn. Group		\$85.00	Mid-Day, Hendersonville	\$75.00	\$578.55
Blue Ridge		\$70.00	Mill Spring		\$45.00
Brevard Serenity		\$150.00	Mission of Sylva		\$100.00
Brevard Sylvan Valley			Monday Night Open	\$221.00	\$465.79
Bryson City		\$80.00	Mountain View		\$180.00
Burnsville		\$100.00	Mountainside		
Came To Believe		\$50.00	Murphy Big Book		\$40.00
Candler KISS		\$150.00	New Day		
Cashiers Valley		\$298.20	New Hope		
Chunn's Cove Men's		\$175.00	No Name		
Clyde		\$75.00	No Nonsense		
Columbus		\$150.00	No Place Like Home		
Common Sense Group		\$176.74	Nuevos Amigos		
Conscious Contact Ash.	\$400.00	\$1,655.97	Nuevos Despertar		
Conscious Contact Saph.			Old Fort		
Cullowhee Valley			Pathfinders		\$32.52
Cumberland		\$320.00	Pisgah		
Daily Decisions		\$335.39	Plan B		\$150.00
Day by Day		\$888.96	Practicing Principles		\$190.00
District 71 CFC		\$100.00	Principles		\$11.63
Dry Dock			Recovery By The River	\$38.00	\$145.65
Early Bird		\$657.70	Renacimiento		
Edneyville	\$20.00	\$60.00	Roundtable		\$147.50
11-11-11			Safe & Sound		
Fellowship	\$75.00	\$387.90	Second Chance		\$33.30
Fireside		\$250.00	Seniors on Sobriety		\$75.00
Fletcher		\$1.73	Serenity- Waynesville		
Fourth Dimension		\$40.00	Serenity Seekers- Marion	\$55.00	\$168.00
Franklin			Serenity Service	\$50.00	\$450.00
Friday Women's			Sisters in Sobriety		
Good Livers	\$200.00	\$505.00	Six O'Clock Open Group		\$133.07
Grace Grp Asheville		\$400.00	Speed Bump		\$200.00
Grace Grp Waynesville		\$440.00	Spruce Pine		\$50.00
Grace of God		\$20.00	Steppin' Up		
Hand in Hand		\$250.00	Sunshine		\$100.00
Happy Hour		\$300.00	Sylvan Valley	\$150.00	\$150.00
Hayesville			Three Alarm		\$90.00
Hayes. Lunch Bunch			Thurs. Afternoon Women's		
Hendersonville	\$20.00	\$100.00	Total Surrender	\$95.00	\$135.00
High Noon	\$100.00	\$100.00	Traditional		\$150.00
Hilltop			Tryon Thurs.		
Hot Springs			Tryon Tues.		
Joy of Living		\$94.97	Tuesday Night Men's BB		\$62.17
Kanuga	\$22.50	\$112.50	Upward		\$30.00
Lambda		\$172.50	West Asheville		\$100.00
Ledger			Women of Courage		\$278.00
Leicester	\$25.00	\$75.00	Women of Grace		\$30.00
Library		\$35.00	Young People's Group		\$254.37
Locked in Forward	\$30.00	\$70.00	In Memory of B.G.		\$10.00

November Birthdays

Against All Odds

Danny L. 11/15/02 7 years

Asheville Big Book Step Study

Jim G. 11/19/76 33 years

Debbie D. 11/20/94 15 years

Back To Basics Group

Jack A. 11/05/90 19 years

Joe S. 11/11/03 6 years

Renee R. 11/25/02 7 years

Allison G. 11/27/07 2 years

Conscious Contact Group

Steven M. 11/04/94 15 years

Pat E. 11/05/91 18 years

Kay G. 11/05/84 25 years

Chris C. 11/08/06 3 years

Wayne D. 11/09/70 39 years

Eric T. 11/17/05 4 years

Debbie S. 11/19/92 17 years

Diane R. 11/20/03 6 years

Peggy H. 11/23/86 23 years

Johnny M. 11/25/08 1 year

Kelly . 11/27/06 3 years

Cumberland Group

Cecile C. 11/03/03 6 years

Charles H. 11/05/91 18 years

Adam H. 11/05/07 2 years

Lore 11/13/05 4 years

Bill G. 11/30/83 26 years

Fellowship Group

Eric M. 11/06/03 6 years

Jennifer S. 11/11/07 2 years

Paul T. 11/11/05 4 years

Sharon M. 11/12/05 4 years

Grace Group

Shirley M. 11/02/78 31 years

John M 11/04/08 1 year

Bryan H. 11/05/08 1 year

Jane M. 11/06/99 10 years

Art R. 11/06/08 1 year

Frank T. 11/07/08 1 year

Doug I. 11/08/94 15 years

Molly B. 11/16/77 32 years

Roseann N. 11/16/05 4 years

Isaac C. 11/22/00 9 years

Christopher M. 11/26/79 30 years

Jeff M. 11/26/85 24 years

Hendersonville Group

Bob B. 11/03/78 31 years

Jerry B. 11/09/88 21 years

Mid Day Group in Hendersonville

Hoyt G. 11/19/70 39 years

Jennifer V. 11/28/04 5 years

Sherri K. 11/28/06 3 years

Traditional Group

Roy M. 11/05/02 7 years

Jeff J. 11/05/89 20 years

Jim G. 11/08/98 11 years

Larry L. 11/14/07 2 years

Mark S. 11/20/07 2 years

Brad C. 11/24/05 4 years

Josh H. 11/26/08 1 year

Young People's Group

Aaron L. 11/22/08 1 year

April M. 11/25/05 4 years

Please send us your birthday announcements at least one month prior to the anniversary date. You may send in several months at a time. The deadline for November Birthdays is Oct. 1. We don't keep them from year to year so you must send them in for each year. Email to NCMCO@bellsouth.net



A Date to Keep

An AA member describes what it took to get it.

By Robert L.

Our trailer lay in an area known as *Dark Corner*—where Greenville, Spartanburg, and Polk Counties meet. Older generations refer to this area where corn is apt to be sold by the barrel as opposed to the bushel, but in recent years “corn” has been replaced by other more modern substances.

With nine-months of sobriety and a roommate who had the willingness and determination to turn things around, I felt a sense of purpose, hope and energy to tackle and overcome some immediate problems. It was mid-July 2005, and while most people in this part of the country complain about a lack of air-conditioning, we didn't have any power nor proper plumbing! It took five days of planning and toiling but in the end we created an outdoor shower from the well.

Next on the list was employment. With a two mile trek to and fro on foot, I managed to acquire day-time work. After a few weeks I managed to attain my old vehicle which in turn allowed me to find an additional night position. A reliable neighbor was enlisted to keep a cash account for us as we saved towards our objective of having the power restored. With ice constantly in the cooler, food was no longer a problem. While my roommate would split the wood, I would cook the meals. Before long, our neighbors, including one young woman whom I thought was rather attractive began showing up to join us. I was later to find out that this woman I admired was actually a criminal. She knew how to lure naive gullible men out of everything they've got and in the end she's the one who walks away free.

By the first Wednesday in October we had collected the \$400 in cash and we headed to the electric company to turn the power on. The office, however, was closed when we arrived. Through the grapevine, my young lady friend had heard of the day's events. Later on that evening I found myself with all that cash in my pocket and Miss Sweet-Thing sitting in my lap. This proved to be an explosive combination. By the time the power company opened the next morning the entire amount had been spent and my sobriety date lost.

The next two weeks were passed in an elevated state of mind. The most significant outcome during this time was my being tricked into signing away the title to my recently reacquired Malibu. I had moved in with my new girlfriend, and when everything ran out, all that I had left was hunger pangs. Heading out in search of some food, I ran into an old friend who confirmed that I was in a real bad vicinity

and he said that in an attempt to escape and begin his life over again, he had moved to Hendersonville. He insisted that I get in the car and come to Hendersonville with him. Incredibly, I managed to locate my trunk and suitcase—my only possessions, and for three days I stayed with my friend in Hendersonville until I had sobered up enough to find help at the Mission. I remember that day well—October 22nd, 2005, and I will always be grateful to him for rescuing me from that predicament. However, on November 18, 2008 that same individual paid me an impromptu visit, put the goods on the table, and without a second thought I was off to the races. I had let my boundaries down.

What I have heard in the rooms of AA about alcoholism being “cunning, baffling and powerful” is all too true. Without a doubt, my disease was continuing to do push ups just waiting for that opportunity when my guard was down. On the morning of the nineteenth, I called my sponsor and sought help. Later that day I picked up a white chip. My Sobriety Date is now November 19, 2008. This is one date I intend to keep.

Remind me why I got sober? Oh yeah!



A few pumpkins overdid it over Halloween.
We'll be holding a seat for them.

16th Annual—2009

Cherokee NATIVE AMERICAN AA/Al-Anon CONVENTION

All are Welcome! (except pets)
Speakers, Talking Circle, Marathon Meetings
Raffles, Karaoke, Sobriety Dance, Sobriety PowWow

Birdtown Recreation Center
1212 Birdtown Rd., Cherokee, NC

For More Info/Registration Form/Contact:

Jill touchofcherokee@yahoo.com

Jason masterofcherokee@aol.com

For lodging go to www.cherokee-nc.com

NOV 12-15



Clyde Area
**ANNUAL THANKSGIVING
COVERED DISH DINNER**
November 21st 4:00pm

Sponsored by the Clyde Central Group

Gather @ 4:00pm,

Speakers Meeting @ 5:00pm

Eating @ 6:00pm

Turkey and dressing
will be provided

Covered dishes welcomed!

Clyde United Methodist Church
410 Charles St. in Clyde

N.C.C.Y.P.A. XIII

North Carolina Conference of Young People
in Alcoholics Anonymous

Boone, NC
November 12-15, 2009

“Raised from the Dead”

Big Book pg. 11

For more information and registration forms
email us at

nccypaa2009@gmail.com

Or visit us at

www.NCCYPAA.org

AREA BIZ MEETINGS

District 70 Business Meeting

November 8, 2:30pm

St. Luke's Church

219 Chunn's Cove Rd, Asheville

Note to District Rep's:

Please let NCMCO know when you are meeting and we'll publish it here!



*Central Office
will be CLOSED
Thanksgiving
Day,
Thursday,
11/26.*

HIAWASSEE GRATITUDE DINNER

4th Annual Mountain Gratitude Dinner

Nov 7

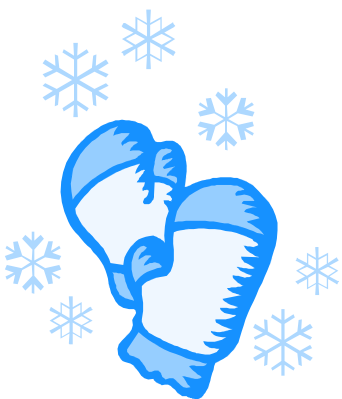
5pm Fellowship

6pm Eat

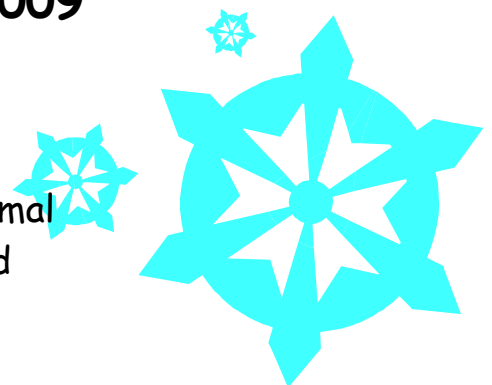
*New Location: Family Life
Center, McConnell
Baptist Church
Hiawassee, GA.*

WINTER FEST '09

Saturday, December 5, 2009



Join the Pisgah Group in celebration of Winter for a festive eating meeting at our normal location. Please bring a covered dish to share.



Speaker: 7pm

Beth H. from Cary, NC

Eating: 8PM

Pisgah Group
First Presbyterian Church

40 Church St

Asheville, NC 28801

Contact: 828-768-2087

PisgahGroupAsheville@gmail.com

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