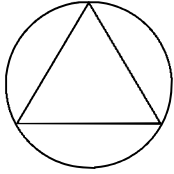


DECEMBER 2009



Published by the North Carolina Mountain Central Office (Districts 70, 71, & 80)
NCMCO 206 Park Place Offices. 70 Woodfin Place Asheville, NC 28801
Phone: (828) 254-8539 Email: ncmco@bellsouth.net
www.ashevilleaa.org www.district71inc.org www.aawnc80.org
OFFICE HOURS: 10:00AM—1:00PM, Monday thru Friday (closed major holidays)

\$\$\$ 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 ncmco@bellsouth.net. Thanks!



AREA BIZ MEETINGS

District 70 Business Meeting

Sunday December 13, 2:30pm
St. Luke's Church
219 Chunns Cove Rd, Asheville

District 80 Business Meeting

Sunday Jan. 17, 2010 1:30pm-4:30pm
All District Officers, Committee Chairs & GSR's please plan to attend and bring your group's conscience.
Also come prepared to host a district eating meeting in 2010.

Family Resource Center, (Old Rock School),
1528 Webster Rd., Rte. 116, Webster, NC

Central Office Representatives Mtg

Sunday January 31, 2010 2:00pm
The Parish House of
St. Luke's Episcopal Church
219 Chunn's Cove Road, Asheville, NC



Central Office will be
CLOSED

Christmas Day,
Friday, December 25

&

New Year's Day, Friday, January 1



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.



MEETING CHANGES

Brevard: Serenity Group will be temporarily moving for the month of January due to construction work at the French Broad Community Center in Brevard. We will be meeting at St. Timothy's Methodist Church in Brevard (off Asheville Highway) – the meetings will still be on Monday, Wednesday and Friday's at 5:30. For more info contact Karen (828) 877-3734

Asheville: Total Surrender Group Thursday, 7:00pm, at New Hope Presb. Ch., 3070 Sweeten Creek Rd. has changed their format to an open Big Book study.

Central Office Profit and Loss October 2009

Income	
Sales Income	
Conference Approved	950.13
Non-Conference Approved	570.67
Sales Tax, S&H	142.96
Total Sales Income	1,663.76
Other Income	
Group Contributions	2,073.59
Individual Contributions	310.00
Total Other Income	2,383.59
Total Income	4,047.35
Cost of Goods Sold	
Conference Approved	689.77
Non-Conference Approved	383.47
Other	26.56
Total Cost of Goods Sold	1,099.80
Gross Profit	2,947.55
Expense	
Freight	49.14
Editor	100.00
Copier Rental	166.62
Office Supplies, Copies	33.01
Insurance	66.67
Payroll Expenses	710.77
Postage	238.15
Rent	435.00
Sales Tax	159.65
Answering Service	326.82
Internet and Telephone	341.64
Total Expenses	2,627.46
Net Income	320.09
Bank Balance	
Savings/Prudent Reserve	5,004.25
Checking	1,501.12
Petty Cash	150.00
Total	6,665.37

“The more we become willing to depend upon a Higher Power, the more independent we actually are. Therefore dependence as A.A. practices it, is really a means of gaining true independence of the spirit.”

Twelve Steps and Twelve Traditions, p. 36



Central Office Phone Log OCTOBER 2009

A.A. Crisis: 3
 General Information: 16
 Family Help: 6
 Meeting Information: 49
 Central Office Business: 37
 Referrals for Medical Help, Detox,
 Hospital, Etc.: 3
 Visitors: 59

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.

Group Donations

Group	October	YTD
Acceptance Group	\$508.34	\$1,370.06
Against All Odds		
Andrews		
Ash. Big Book Step Study	\$22.07	\$206.31
AWOL		\$16.50
Back to Basics	\$200.00	\$550.00
Bethel Up the River		
Big Town	\$64.74	\$274.73
Black Mtn. Group		\$85.00
Blue Ridge	\$25.00	\$95.00
Brevard Serenity		\$150.00
Brevard Sylvan Valley		
Bryson City		\$80.00
Burnsville		\$100.00
Came To Believe		\$50.00
Candler KISS		\$150.00
Cashiers Valley	\$134.40	\$432.60
Chunn's Cove Men's		\$175.00
Clyde		\$75.00
Columbus		\$150.00
Common Sense Group		\$176.74
Conscious Contact Ash.		\$1,655.97
Conscious Contact Saph.		
Cullowhee Valley		
Cumberland		\$320.00
Daily Decisions		\$335.39
Day by Day		\$888.96
District 71 CFC		\$100.00
Dry Dock		
Early Bird	\$350.00	\$1007.70
Edneyville		\$60.00
11-11-11		
Fellowship		\$387.90
Fireside	\$200.00	\$450.00
Fletcher		\$1.73
Fourth Dimension		\$40.00
Franklin		
Friday Women's		
Good Livers		\$505.00
Grace Grp Asheville		\$400.00
Grace Grp Waynesville		\$440.00
Grace of God		\$20.00
Hand in Hand		\$250.00
Happy Hour		\$300.00
Hayesville		
Hayes. Lunch Bunch		
Hendersonville		\$100.00
High Noon		\$100.00
Hilltop		
Hot Springs		
Joy of Living		\$94.97
Kanuga	\$22.50	\$135.00
Lambda		\$172.50
Ledger		
Leicester		\$75.00
Library		\$35.00
Locked in Forward		\$70.00
Log Cabin		

Group	October	YTD
Lunch Bunch-Sylva		
Maggie Valley		
Maple Grove		\$104.69
Marion AA	\$50.00	\$50.00
Mars Hill		\$230.00
Marshall		\$50.00
Men's Attitude Adjust.		
Mid-Day, Hendersonville	\$97.14	\$675.69
Mill Spring	\$25.00	\$70.00
Mission of Sylva		\$100.00
Monday Night Open		\$465.79
Mountain View		\$180.00
Mountainside		
Murphy Big Book		\$40.00
New Day		
New Hope		
No Name		
No Nonsense		
No Place Like Home		
Nuevos Amigos		
Nuevos Despertar		
Old Fort		
Pathfinders		\$32.52
Pisgah	\$46.83	\$46.83
Plan B	\$200.00	\$350.00
Practicing Principles		\$190.00
Principles		\$11.63
Recovery By The River		\$145.65
Renacimiento		
Roundtable		\$147.50
Safe & Sound		
Second Chance		\$33.30
Seniors on Sobriety		\$75.00
Serenity- Waynesville		
Serenity Seekers- Marion		\$168.00
Serenity Service	\$50.00	\$500.00
Sisters in Sobriety		
Six O'Clock Open Group		\$133.07
Speed Bump		\$200.00
Spruce Pine		\$50.00
Steppin' Up		
Sunshine		\$100.00
Sylvan Valley		\$150.00
Three Alarm		\$90.00
Thurs. Afternoon Women's		
Total Surrender	\$20.00	\$155.00
Traditional		\$150.00
Tryon Thurs.		
Tryon Tues.		
Tuesday Night Men's BB		\$62.17
Upward		\$30.00
West Asheville		\$100.00
Women of Courage	\$57.00	\$335.00
Women of Grace		\$30.00
<u>Individuals:</u>		
Gerd S. "In Gratitude"		\$300.00
In Memory of B.G.		\$10.00

Sponsor and Sponsee

Anonymous

Sponsor and sponsee
Almost like two peas in a pod
Strange mirrors of each other
Both needful, both odd

Why do I sponsor others?
Could it be that I see myself?
Do I want to share the heartaches?
Needing to share recovery's wealth?

When a sponsee goes back out
I remember how it could still be
When I read their obituary
Do I actually see me?

If I could make all of them sober
Somehow get them on the road to recovery
It would be too much for my ego
It would lose me my sobriety



**Visit Central
Office
For Our
Clearance Sale**
Journals,
Book Lights,
Bookmarks,
and more—
**50% Off
orig. price!**

Everyone wants to feel better, but no one wants to change

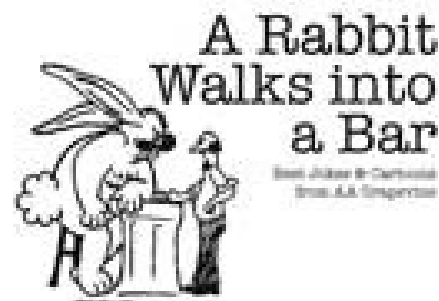
Before recovery, I did a lot of things to feel better. I moved, changed jobs, girlfriends, cars, tried different combinations of drugs and alcohol, took up yoga, joined a gym - the list is endless. While these things worked briefly, inevitably I would be left feeling that giant hole inside of me, a hole that always made me miserable.

When I entered recovery, I had the same initial relief as when I tried other new ways to distract myself. After a while though, it, too, began to wear off and I could sense the hole returning. I met with my sponsor and he told me I was feeling this way because I was resisting and refusing to change. "But I'm sober!" I told him. "Yeah, but you're still trying to do things your way. Until you surrender and really work the steps, you'll just be the same old you - only you'll be miserable and sober this time."

Thank God my sponsor was willing to tell me the truth, and thank God I was ready to hear it. Deep down I knew I was the common denominator in all the things I had tried that didn't work, and once I got to step four and honestly looked at my part in things, I finally realized what had to change - me. While thoroughly working the steps, the promises began to come true for me, and today I am not the same man who entered the rooms all those years ago. Today I am happy, joyous and free.

And that is worth changing for.

From Michael Z,
www.WisdomOfTheRooms.com



A New Collection of
Jokes and Cartoons
from The Grapevine
Visit www.AAGrapevine.org
to order your copy today or
place your order through
Central Office

December Birthdays

REMINDER TO GROUP SECRETARIES AND OTHERS:
If you wish to send in your group's birthdays for the coming year,
please send them in right away to NCMCO@Bellsouth.net. THANKS!

Against All Odds

Nancy H. 12/20/05 4 years

Back To Basics Group

Manley N. 12/10/06 3 years
 Rich Y. 12/18/00 9 years

But for the Grace of God Group

Warren B. 12/31/99 10 years

Asheville Big Book Step Study

Jamie S. 12/16/95 14 years

Conscious Contact Group

Hillary H. 12/10/06 3 years
 Scott A. 12/11/05 4 years
 Janet B. 12/21/87 22 years
 Judith T. 12/23/76 33 years
 Perrie R. 12/31/04 5 years

Cumberland Group

Jake B. 12/07/06 3 years
 Luke L. 12/30/07 2 years

Fletcher Group

Joe T. 12/08/96 13 years
 Matt T. 12/16/08 1 year
 Tommy A. 12/29/92 17 years

Grace Group

Jim H. 12/01/82 27 years
 Nancy F. 12/10/97 12 years
 Lisa B. 12/11/05 4 years
 Shannon K. 12/12/98 11 years
 Sarah H. 12/13/05 4 years
 Donna P. 12/16/08 1 year
 Kris W. 12/17/03 6 years
 Carter M. 12/17/06 3 years
 Melody J. 12/18/03 6 years
 Mel D. 12/21/06 3 years
 Mark McK. 12/25/07 2 years
 Tim H. 12/27/04 5 years
 Lloyd W. 12/29/86 23 years

Hendersonville Group

Ted A. 12/07/88 21 years
 Norma H. 12/11/89 20 years

Hendersonville Mid Day Group

Cathy V. 12/17/96 13 years
 Bruce C. 12/24/82 27 years
 Lisa A. 12/27/07 2 years
 Greg F. 12/28/78 31 years
 Charlie S. 12/30/02 7 years

Leicester

Pamela M. 12/01/07 2 years
 Calvin M. 12/03/08 1 year
 Jo B. 12/31/07 2 years

Traditional Group

Bill S. 12/05/01 8 years
 Siddy S. 12/20/06 3 years
 Sofia B. 12/23/03 6 years
 Keith B. 12/25/01 8 years
 Red D. 12/28/05 4 years

Upward Group

Maurice S. 12/21/80 29 years

Women of Grace

Marjorie T. 12/05/78 31 years
 Jude T. 12/23/76 33 years

Young People's Group

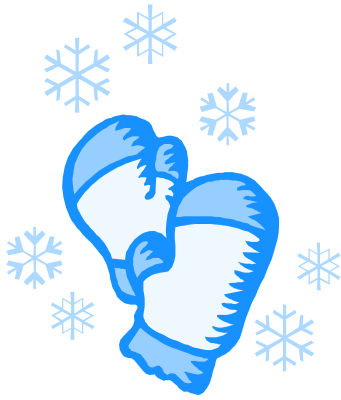
Jessica W. 12/02/01 8 years
 Eva R. 12/06/08 1 year
 Jason R. 12/10/04 5 years
 Harry A. 12/15/07 2 years
 Ivy K. 12/20/04 5 years



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 February Birthdays is January 1. We don't keep them from year to year so you must send them in for each year. Email to NCMCO@bellsouth.net

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

Christmas Alkathon

Sponsored by the Hendersonville Group

December 24th
Meetings start at 6pm and end at Midnight

December 25th
Meetings start at 12 Noon and end at Midnight
Meetings begin on even hours both days

Coffee Furnished, Goodies and Snacks Appreciated

1620 Willow Road
(Across from the Valley Hill Fire Dept.)

Big Town Group of Etowah Annual Christmas Eating Meeting

December 18



7pm Eat

8pm Meet

Speaker: Dave C., Raleigh, NC

Bring a covered dish to share



Etowah United Methodist Church
110 Brickyard Road
Etowah, NC

District 80
Murphy Area Central Office

Holiday Party

December 12

7pm Magic Show

8pm Talent Show

Dancing Too!

Mountain Vista Inn

78 Terrace Ave

Murphy, NC

Contact Central Office at
(828) 837-4440

Murphy Big Book Group

NEW YEAR'S EVE

ALKATHON

December 31

Beginning at 11:30am with
meetings on the even hours,
last meeting 12:30 am

Beverages Provided,
Please Bring Snacks & Desserts

Glen Mary Center
St William Catholic Church
76 Andrews Rd.
Murphy, NC

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

Contact Central Office: (828) 254-8539 or ncmco@bellsouth.net

Mountain Doin's Annual Subscriptions:

Groups:

2 copies mailed monthly	No charge <i>Pick up from Central Office</i>	<i>Deliver by 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 make out check or money order accordingly. Subscription rates are subject to change, depending upon USPS rates.

Clip and mail with check or money order to:

N.C. Mountain Central Office

206 Park Place Offices

70 Woodfin Place

Asheville, NC 28801

Group &/or Individual Name _____

Street/P.O. Box No. _____

Town, State and Zip Code _____

Amount enclosed _____

North Carolina Mountain Central Office

206 Park Place Offices

70 Woodfin Place

Asheville, NC 28801

Address correction requested

Town and Zip Code