

# Mountain Doin's

Central Office  
Newsletter  
December 2011



Central Office located at 70 Woodfin, Park Place Bldg Ste 206, Asheville. Open Mon, Wed & Fri 10–1; Tues, Thurs 1–4 *but see holiday schedule below*. (828) 254-8539 • [ncmco@bellsouth.net](mailto:ncmco@bellsouth.net)

## December Anniversaries

### Asheville Big Book Step Study

Melody J. 12/18/2003 8 years

### Brevard Serenity Group

Dave B. 12/28/1998 13 years

### Cumberland Group

Dave B. 12/01/1987 24 years

Candy T. 12/12/2004 7 years

### Grace Group

Jim H. 12/01/1982 29 years

Autumn 12/05/2010 1 year

David L. 12/05/2010 1 year

Nancy F. 12/10/1997 14 years

Shannon K. 12/12/1998 13 years

Andrew C. 12/12/2010 1 year

Patrick C. 12/12/2010 1 year

Sarah H. 12/13/2005 6 years

Sara H. 12/15/2010 1 year

Sean A. 12/16/1984 27 years

Kris W. 12/17/2003 8 years

Carter M. 12/17/2006 6 years

Jon L. 12/17/2010 1 year

Melody J. 12/18/2003 8 years

Mel D. 12/21/2006 5 years

Mark McK. 12/25/2007 4 years

Tim H. 12/27/2004 7 years

Lloyd W. 12/29/1986 25 years

Jeff H. 12/30/2009 2 years

### Fletcher Group

Joe T. 12/08/1996 15 years

Tommy 12/29/1992 19 years

### Hendersonville Group

Stacey B. 12/04/2010 1 year

Ted A. 12/07/1988 23 years

Mary Jo L. 12/08/2000 11 years

### November

Jerry B. 11/09/1988 23 years

Ed S. 11/09/1990 21 years

### Leicester Group

Ralph A. 12/04/2010 1 year

Perry C. 12/20/1986 25 years

Jo B. 12/23/2007 4 years

### Serenity Seekers – Marion

Bill C. 12/24/1989 22 years

### Women of Grace

Marjory T. 12/05/1978 33 years

Carole W. 12/07/2009 2 years

Cindy W. 12/07/2010 1 year

Jude T. 12/23/1976 35 years

## Interactive Mountain Doin's Comin' Your Way!

- ✓ Click any email address—it's a live link!
- ✓ The [Grapevine Featurette](#) clues you in to great online features, such as the eye-opening iPoll and web-only features and stories.
- ✓ You get straight-to-the-source links to AA events: email, web sites, and registration pages.

**Central Office will be closed  
Monday, December 26, and  
Monday, January 2.**

Subscribe today at [ncmco@bellsouth.net](mailto:ncmco@bellsouth.net).

# Districts 70, 71 & 80 Info

## Area 51 Winter 2012 Committee Meeting

January 20, 2012. Raleigh. District Committee Members (DCMs). [www.aanorthcarolina.org](http://www.aanorthcarolina.org). Click the Events option.

**All District Committee Coordinators** please send updates on committee meeting times, recent activity, and upcoming service opportunities! The January issue's deadline is December 15.

### Central Office Representatives (CORs)

meet at 2p.m. on the last Sunday of the first month of each quarter. The next COR meeting will be Sunday, January 29, at the St. Luke's Parish House, 219 Chunn's Cove Rd. Questions about the next COR meeting? Write to [ncmco@bellsouth.net](mailto:ncmco@bellsouth.net).

**D70 GSRs** meet December 11 at 2:30pm at St. Luke's Parish House, 219 Chunn's Cove Rd., Asheville.

**D70 Service Committees** meet the last Tuesday of every month at 6p.m., Trinity Episcopal Church, 60 Church St., Asheville.

**D70 Treatment Contact** As always, if anyone is interested in volunteering to 1) become a liaison for Treatment Facilities Committee or Bridging the Gap (BTG), 2) be a speaker, or 3) participate in any way, feel free to attend the Service Committee meetings on the last Tuesday of the month at 6:00pm at Trinity Episcopal. For specific questions or for more information, please contact Monica G., the TFC coordinator at [co-tamonica@yahoo.com](mailto:co-tamonica@yahoo.com), or Dana, the BTG coordinator toll-free at **888-830-3155**. You can also contact any D70 trusted servant through the District 70 website <http://ashevilleaa.org>, (click the Contacts link).

### D70 New 2012 Officers

Ross S., Alternate DCM

Regina I., Secretary

Danny S., Webmaster

Open: Events Planner

Last Sunday, Kim M had to resign her position as Alternate DCM to D70 for personal and family reasons. We will truly miss her and her dedicated service. How fortunate we were to have Ross S. stand for the position right away. So, we are moving forward.

—Dale, District 70 DCM

## Speaking at A.A. Meetings

*Part Two of a Letter from a Member*

“What happened...”

This is where a first class A.A. speaker will share about how they began to get rid of those “old ideas.” Unfortunately, the vast majority of speakers at A.A. meetings will share about that last drunk they had but they won't tell us how they felt leading up to it (the “jumping-off place”); they don't talk about the moment of clarity where they saw themselves for what they really were, are, and would end up as; and there's little or no description of the process of making that “admission of hopelessness.” As a real alcoholic, I want to re-experience my bottom through this fellow alcoholic's story that I'm staying awake for. This process not only helps reinforce in my mind that I am a real alcoholic, but also helps me to fully identify with the speaker. Anything less than this leaves me wondering if they are an alcoholic as they claim to be and that perhaps they are not in the “right place.”

“...And what we are like now.”

This is where speakers at A.A. meetings have the opportunity to talk about the “pay-off,” the “fruits of the program” that they have received from working the 12 Steps of Alcoholics Anonymous and how they continue to not only maintain, but “grow in the fellowship.” Friends, we're talking spiritual growth here and what it takes to keep moving forwards on the road of “Happy Destiny.” The vast majority of the little bit of spiritual growth that I've been able to achieve (haven't gotten a halo yet) is through the pain of an unresolved character defect, the insight of how I need to re-adjust my view of the world and my role in it, and the action (asking God to remove the defect, service-carrying the message) that it takes to move to the next spiritual level.

Unfortunately I hear little-to-none of this at A.A. speaker meetings. Because of this, sometimes I wonder if the speaker has actually read the book *Alcoholics Anonymous*.

—Carl I.



# Central Office Profit & Loss Report October 2011

*Suggestions for group support to local service structures may be found in the pamphlets "Where Money & Spirituality Mix" and "The AA Group."*

<b>Income</b>	
<b>Sales Income</b>	
Conf/GV Approved	1,001.40
Non-Conf/GV-approved	749.79
Shipping & Handling	17.52
<b>Total Sales Income</b>	1,768.71
<b>Other Income</b>	
Group Contributions	2,432.45
Individual Contributions	112.74
<b>Total Other Income</b>	2,545.19
<b>Total Income</b>	4,313.90
<b>Cost of Goods Sold</b>	
Freight	46.43
Non Conf/GV Approved	478.73
Conf/GV Approved	877.63
<b>Total COGS</b>	1,402.79
<b>Gross Profit</b>	2,911.11
<b>Expense</b>	
Copier Rental	149.64
Editor	120.00
Insurance	385.75
Office Supplies	128.80
Payroll Expenses	755.22
Payroll Taxes	153.94
Postage	77.20
Rent	453.00
Telephone	
Answering Service	328.94
Office Telephone	148.45
Telephone - Other	59.33
<b>Total Telephone</b>	536.72
<b>Total Expense</b>	2,760.27
<b>Net Income</b>	150.84



Financial Security Snapshot

## Working Capital

Cash on hand as of 10/31/11	\$1910.24
Prudent reserve	\$7007.03

# This Simple Cornerstone

Submit poems, scribbles, musings, and photos (no faces, please) to [ncmco@bellsouth.net](mailto:ncmco@bellsouth.net) by the 15th. (Include your first name, last initial, and home group. NCMCO only publishes signed pieces.)

The deepest reality that we AAers can experience and share is with our Higher Power. That reality is very much alive within each of us and it is a great place to visit on a regular basis so we can move out to live life on life's terms.

As a drunk, I wanted life to adapt itself to my needs, my whims and my vision of how people, places and things should be. After years of not drinking, going to meetings and listening to my sponsor, I am beginning to understand that my happiness is going to be deepest when my Higher Power and I communicate at the deepest level of my soul, and I then go forth from that deep place to encounter other people where they are, not where I would have them.

In other words, the better I get at practicing acceptance, the happier I am going to be. I can only practice acceptance when I am in tune with my Higher Power and that takes place deep within me, at the still place of my soul.

—Annie Fritschner  
Midday Group, Hendersonville

## Call & Visitor Log

### October 2011

A.A. Crisis	2
General Information	19
Family Help	3
Meeting Information	39
Central Office Business	29
Referrals (Detox, etc.)	1
Visitors	62
Answer Svc (Operator-Asst)	32

## 2012 NCMCO BOARD

Elected at the October 31 COR meeting:

**CHAIR** Suzanne T. (2012–2014)

**TREASURER** Bob Z. (2012–2014)

Serving extended terms of office:

**ALTERNATE CHAIR\*** George D. (through 2012)

**SECRETARY** Pete S. (through 2012)

Continuing terms of office:

**TRUSTEE, DISTRICT 80** Carl I. (2010–2012)

Positions open now:

**TRUSTEE, DISTRICT 70** term: 2012–2014

**TRUSTEE, D71** term: 2012–2014

\*2013 Alternate Chair is expected to rotate into the 2014–2016 chair position



## Calls for Service

**District 70** has several trusted servant positions open for 2012 (and beyond): Secretary, Webmaster and Events Chair. To stand for election, attend the

District meeting on December 11, 2:30p, St. Luke's Parish House, Chunn's Cove Rd.



**Central Office** volunteers are needed. If you are good on the phone • computer savvy (especially Quickbooks) • consistent • have helpful attitude • one year's sobriety, please contact Myra at (828) 254-8539.

**Women's First Step Farm**, 200 Pete Luther Cove Rd., Candler, needs outside support and willing sponsors. Tuesdays 6:30p (C).

**First at Blue Ridge** asks for outside support at its men's meeting. (828) 669-0011

Ask your home group's GSR about **Adopt-A-Doc**, and how you can be of service in your community!

Looking for **women to chair Saturday meetings at Buncombe County Jail**. Need only 6 months' sobriety and one year "off paper." Call Bambi S. at 828-252-6500 for more information.



The digital Mountain Doin's is interactive!  
Sign up for your free, full-color issue at  
[ncmco@bellsouth.net](mailto:ncmco@bellsouth.net).

## A.A. Events Calendar

### **Black Mountain Group Candlelight Dinner.**

Thursday December 22. Socialize, 6p • Gratitude Meeting, 7p. Bring hors d'oeuvres or finger food to share, if you can, but if you can't *please come anyway!* The Group will have coffee and soft drinks.

**Holiday Alkathons in D71.** From noon until midnight, the *Hendersonville Group* will host meetings every other hour, on the even hours, on the major year-end holidays of 2011. The remaining alkathons are Christmas Eve • Christmas Day • New Year's Eve • New Year's Day. It's always nice to bring some food to share but the most important thing is *you*. Meetings are at 1620 Willow Road (opposite the Valley Hill Fire Department), Hendersonville.

**New Year's Holiday Alkathon in D70.** The *Conscious Contact Group* will host a New Year's Eve Alkathon from 6p Saturday, December 31, to 2a Sunday, January 1, at the North Asheville Community Center, 37 E. Larchmont Dr (off Merrimon Av; turn right at SunTrust Bank, park at back of bldg, on Long St). Meetings will be held at 6:30p, 8:00p, 9:30p, 11p, and 12:30a. Finger food is welcome.

**Tarheels Mid-Winter Conference.** Jan 19–22, 2012, Raleigh. Speakers • Dance • Free Coffee. Early conference registration fee \$18; deadline: Jan 5. Discounted hotel registration deadline: Jan 5 (use code on flyer, call the local number for the Hilton North Raleigh Hotel). Young Al-Anon 16 and under: no fee but must register. <http://www.tarheelmidwinter.org/>  
**48th Annual International Women's Conference.** February 16–19, 2012, Washington DC. Book your room online at <http://cwp.marriott.com/wasdt/iwconference/>

The first 2012 meeting of the Board of Directors of the North Carolina Mountain Central Office will take place Thursday, January 12, at 6pm, at 70 Woodfin, Park Place Bldg Suite 206, Asheville.



In the December issue...

This month's special section, "Un-Crazy Holidays," is comprised of a selection of stories about celebrating the holidays sober.

The holidays can be a stressful time for AAs, especially newcomers. With all the parties and celebrations that the season brings, there can also be a good deal of imbibing and family tension. [This issue](#) is devoted to stories by members about how they handle the holidays and make them, well, un-crazy.

### Check Out Some Online Features

[iPoll](#): How will you spend the holidays this year?  
Seven-Day Free Digital Grapevine Trial  
[LaViña](#) • Spanish-language Grapevine

For more sober stuff, head to [www.aagrapevine.org](http://www.aagrapevine.org).

## Let Literature Carry the Message Too

### Central Office Carries a Large Selection of Pamphlets

Get yours today or tomorrow for sure.



# Group Contribution\$ • October 2011 & YTD

	October	YTD		October	YTD
Acceptance		\$1,365.62	Mid Day Grp (Hendersonville)	\$176.00	\$1,863.03
Around the Room		\$232.48	Mill Spring Group	\$10.00	\$69.00
AVL BigBookStepStudy Grp		\$92.00	Mission Group of Sylva	\$50.00	\$140.00
AVL Women's BBStepStudy		\$61.00	Monday Night Open Mtg.		\$774.71
AWOL Group		\$30.00	Mtn View Grp - Highlands	\$400.00	\$400.00
Back to Basics		\$250.00	Murphy Big Book Group		\$30.00
Big Town Group	\$145.32	\$429.95	New Freedom Group	\$75.00	\$195.56
Black Mountain Group		\$85.70	New Hope Group	\$9.22	\$50.97
Blue Ridge Group		\$35.00	No Name Group - Murphy		\$35.00
Brevard Serenity	\$90.00	\$180.00	Pisgah Group	\$140.00	\$258.00
Candler KISS Group	\$140.00	\$386.00	Plan B Group		\$100.00
Cashiers Valley Group	\$220.38	\$544.19	Practicing Principles		\$67.50
Cedar Mountain Group		\$25.00	Principles Group		\$11.63
Colunbus Group		\$159.00	Recovery by the River	\$85.20	\$264.40
Common Sense Group		\$357.94	Roundtable Group		\$109.00
Conscious Contact (Asheville)		\$1,250.00	Safe N Sound Group	\$107.27	\$232.24
Cumberland		\$256.84	Second Chance Grp Cherokee		\$41.75
Cullowhee Valley Group		\$75.90	Serenity Seekers Group		\$225.00
Daily Decisions		\$600.00	Serenity Service 110-498	\$30.00	\$300.00
Day by Day Group		\$911.38	Speed Bump Group		\$70.00
Downtown Serenity		\$109.54	Strange Camels	\$15.00	\$45.00
Edneyville Group		\$35.00	Sunshine AA Group		\$100.00
Eleven-Eleven-Eleven	\$25.00	\$117.00	The Last Chance Group		\$100.00
Fellowship Grp - Fletcher		\$125.00	Three Alarm Group	\$30.00	\$120.00
Fireside Group		\$550.00	Total Surrender Group	\$135.00	\$235.00
Fletcher Group		\$250.00	Traditional Group		\$100.00
Good Liviers	\$217.00	\$722.00	Thur Afternoon Ladies Grp		\$50.00
Grace Group of Asheville		\$1,767.02	Tryon 12 & 12	\$20.06	\$51.21
Grace of God Group	\$50.00	\$157.00	Tuesday nite Men's BB		\$60.15
Hand-in-Hand Group		\$50.00	Waynesville Grace Group		\$784.00
Happy Hour Group	\$100.00	\$514.56	West Asheville Group		\$100.00
Hot Springs Group		\$100.00	Women of Courage		\$252.08
Joy of Living Grp 629-397		\$100.00	Women of Grace		\$121.25
Joy of Living Grp 669-820		\$25.00	Young Peoples Group		\$159.95
Kanuga Group	\$45.00	\$225.00	Total Group Contributions	\$2,432.45	\$20,339.05
Lambda Group		\$114.00	Individual Contributions		\$0.00
Leicester Group		\$100.00	Anonymous	\$100.00	\$250.00
Library Group	\$67.00	\$67.00	In Memory of B.G.	\$10.00	\$100.00
Living in the Solution		\$100.00	Cash Sale	\$2.74	\$11.66
Marshall Group		\$216.50	Total Individual Contributions	\$112.74	\$361.66
Men's Attitude Adjustment	\$50.00	\$50.00	Grand Total	\$2,545.19	\$20,700.71

Suggested  
by your  
G.S.O.

50% Central  
Office

30% G.S.O.

10% District

10% Area

## Bridge the Gap: A Vital Link from Treatment to Meetings

**B**ridging the Gap is a program designed to help people leaving treatment facilities connect with members of Alcoholics Anonymous in the area they will be going to once they're discharged. The volunteer helps newcomers by taking them to meetings and helping them get started in AA recovery "on the outside." Many of these newcomers are returning to this area from a facility that is out of state; often, they will not know anyone in recovery here. We match the newcomer with volunteers (with at least one year of sobriety) by zip code, gender, and if possible, age.

See the AA pamphlet 49 (P-49) [Bridging the Gap](#) for more information. Or go to the AA website's For Members page and if you are interested in participating in this program, either as a volunteer or a newcomer requesting help, or if you have any questions, please call our toll-free number 888-830-3155. Messages are confidential and are checked frequently.

Thank you,  
Dana K., District 70 Bridging the Gap Coordinator

## Meeting Updates

### New Meetings

#### Tryon

Thursday, 5pm: Tryon Group, United Methodist Church, 195 New Market St. (O, D)

#### Penland

Tuesdays and Fridays, 7pm: Penland Group, Penland School of Crafts, Bldg 38, Conley Ridge Rd, Ridgeway (O, D)

### Meeting Changes

#### Brevard

Thursdays, 6:37pm – Strange Camels Group, St. Timothy UMC, has converted to Thursdays, 6:30pm, Speed Bump Group, St. Timothy UMC, Asheville Hwy. (C, AB)

#### Fletcher

Saturday, 10:30am: Fellowship Group at Calvary Episcopal (W, C, D) has changed from 10:30am to 11:30am.

### Cancelled Meetings

#### East Flat Rock

Fridays, 6pm: Upward Group, 7th Day Adventist Church, Upward Road

#### Weaverville

Tuesdays, 9:30pm: Emotional Sobriety Group, First Baptist Church, Main Street



## In Memoriam

Louie L., longtime AA member and an Asheville native, went to the Big Meeting in the Sky on November 2, 2011. He had been sober since 1978, and he will be missed by all.



## Snappy Quotes

- *Where else can you find a group of people that cheers one on as they make it safely out of a burning building they burnt down?*
- *Go ahead...drink all you want. The more you drink, the better I look!!*
- *I may be suicidal but at least I procrastinate!*
- *When I got here, I was not a vision for you.*
- *Principles do not apply THEMSELVES!*
- *Who you see here, what you hear here, no beer here.*
- *Loneliness can take you to some strange and sponsored places.*
- *AA is like an all-purpose wrench, it adjusts to fit every nut that walks in the doors.*